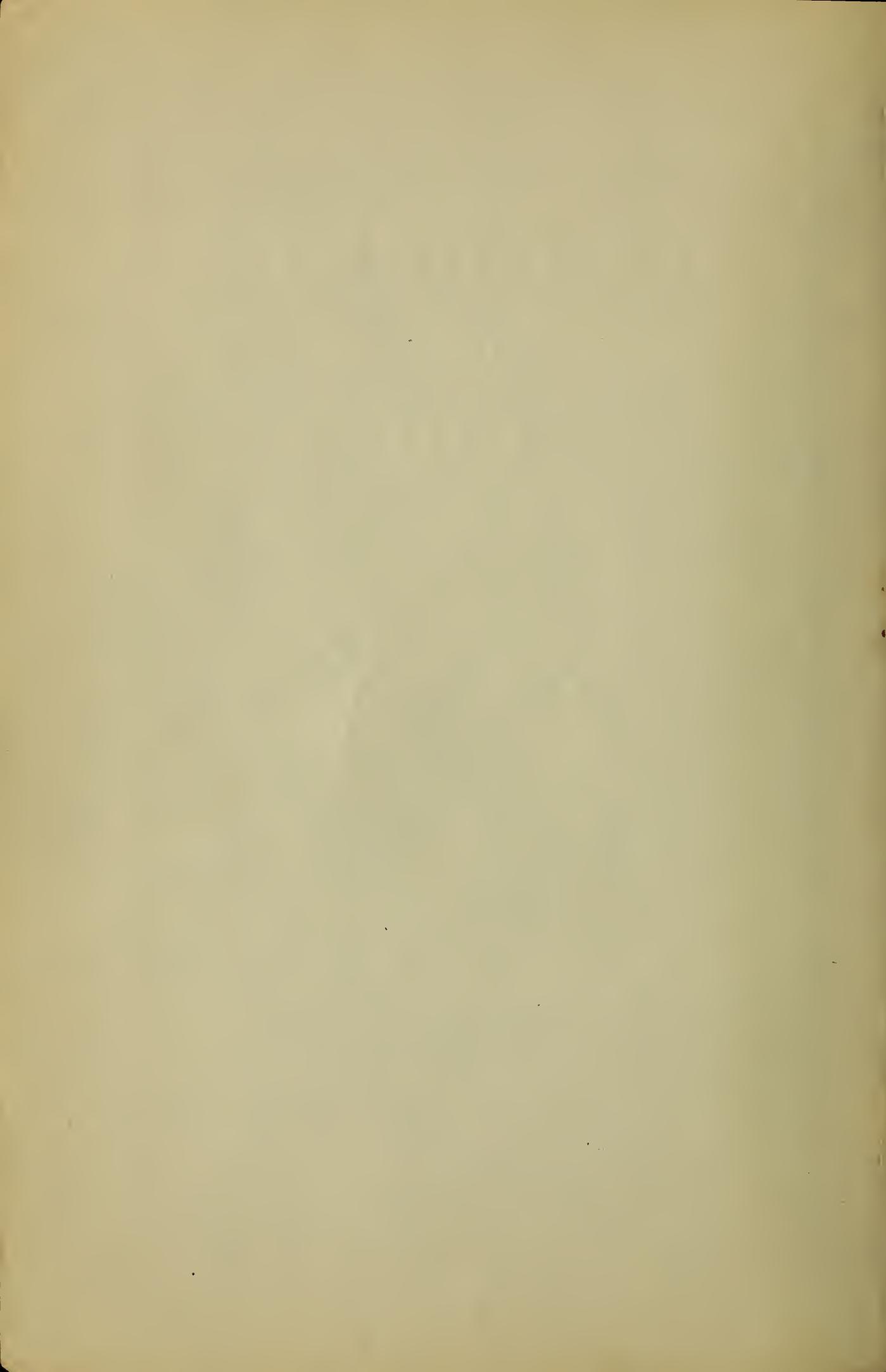


TX 715  
.L293  
1920  
Copy 1

# HANDBOOK of RECIPES



1920 Edition - Toronto



# HANDBOOK *of* RECIPES

FOR THE

COURSE IN HOME ECONOMICS

IN

COLUMBUS PUBLIC SCHOOLS



ARRANGED BY

FAITH R. *Johnson* LANMAN, Head of Home Economics Department  
OHIO STATE UNIVERSITY  
COLUMBUS, OHIO

TX 715  
L 293  
1920

Copyright 1909-1911-1913-1915-1918-1920  
BY  
FAITH R. LANMAN  
Columbus, Ohio

1920  
L 293  
1920

DEC 27 1920

© CLA 605129

# Introduction

---

## FOOD

Food is anything taken into the body which builds or repairs tissue, produces heat and other forms of energy, or regulates the body processes. The different kinds of food materials are called nutrients or food-stuffs.

Nutrients are classified as proteins, carbohydrates, fats, mineral matter, vitamines and water.

Proteins.....	{	Tissue builders
		Energy producers
Carbohydrates.....		Energy producers
Fats.....		Energy producers
Mineral Matter.....	{	Tissue builders
		Regulators of body processes
Vitamines.....	{	Growth producers
		Regulators of body processes
Water.....	{	Tissue builder
		Carrier of food and waste

## PROTEINS

Examples of animal food containing a large amount of protein are eggs, milk, cheese, meat, and fish. Examples of vegetable foods providing protein are nuts, peas, and beans.

## CARBOHYDRATES

This group includes sugar, starch, and cellulose, and is derived almost exclusively from vegetable life. Starch is obtained from grains, potatoes, beans, and other vegetables. The sugar of commerce is generally manufactured from the sugar cane and beet, and is found also in the juices of other plants.

## FATS

These are derived from both vegetable and animal foods. Examples are olive, cotton seed, and corn oils, butter, and the fats of meats.

## MINERAL MATTER

Mineral matter has important functions in the body. It is derived from fruits, vegetables, milk and eggs.

## VITAMINES

Vitamines are necessary to produce growth and to maintain health. Examples of foods rich in vitamines are, milk, butter, egg yolk, leaf vegetables, fruits, unpolished grains, beef, heart, liver and sweetbreads.

## WATER

Water composes a large proportion of the body weight. It is also a necessary agent in carrying on the functions of the body.

## SUGGESTIONS FOR PLANNING MEALS

It is necessary that meals should be planned well in advance of their preparation. A general outline may be made for several days at a time and revised as necessary to utilize left-over materials. This makes it possible to buy to advantage and to avoid making emergency purchases just before a meal.

In planning each meal, the time, labor, and cost that will be involved, and the facilities for preparing and serving it must be considered.

Meals should be suited to the age and mode of living of the persons to be served and should provide the necessary nutrients with palatable flavor. The grouping of food materials given below is of use in planning meals. It is usually safe to conclude that the nutrients will be supplied if one representative or more from each group is placed in every menu. Group III may be omitted.

### Group I—Foods rich in protein:

Meat, poultry, fish, oysters, milk, cheese, eggs, peas, beans, nuts.

### Group II—Foods containing a large amount of starch:

Potatoes, cereals, (rice, oatmeal, cornmeal, hominy, wheat, etc.) tapioca.

### Group III—Foods containing sugar:

Honey, jellies, syrup, molasses, sweet fruits, other sweets.

### Group IV—Fats:

Butter and its substitutes, cream, vegetable oils, animal fats.

### Group V—Foods rich in mineral matter and vitamines:

Milk, egg yolk, vegetables (especially leaf vegetables), fruits, unpolished grains, beef.

## SETTING THE TABLE

1. The dining room should be neat, comfortable, light, and well ventilated. Everything on the table should be scrupulously clean and orderly, convenient, attractive, and arranged according to the meal that is to be served.
2. If a table cloth is to be used, put on a silence pad and then the cloth, being careful to have it smooth and even, with the center fold exactly in the middle of the table. If a lunch cloth or set is to be used, it is placed on the bare table, and hot dish pads are used if needed.
3. A pleasing decoration of fruit or flowers adds to the attractiveness of the table, but should not be tall enough to obstruct the view of those to be seated opposite.
4. Allow at least a 20 inch space for each person. The host and hostess are seated opposite each other, and usually at the ends of the table. The china, glassware, silver, and linen placed for each person constitute a "cover" which is usually arranged as follows:

The plate is placed 1 inch from the edge of the table.

The knife, or more than one if needed, should be at the right side, with the sharp edge toward the plate.

The spoons are placed at the right of the knife, with the bowls up.

The fork, or more than one if needed, should be placed at the left side with tines up.

The glass is placed, with the top up, at the tip of the knife.

The bread and butter plate is placed at the tip of the fork.

If a butter spreader is used it is laid on the bread and butter plate.

A folded napkin is placed at the left of the fork so that the open corner will be nearest the person served, and if a place card is used it is generally laid on the napkin.

Individual salts and peppers may be placed at each cover, or larger ones may be placed so that they are convenient for each person.

The silver is placed 1 inch from the edge of the table, and in the order in which it will be used, beginning farthest away from the plate. If more than 5 or 6 pieces are required for each person the extra silver is placed when needed.

Just before the meal is announced the butter should be served, and the glasses filled within an inch of the top.

## STYLES OF SERVICE

One style of service is called English and when this is followed the entire meal is served at the table. The host usually serves the meat and vegetables, and the hostess the soup, salad, dessert, and tea or coffee. The served dishes are passed by one person to another, or by a maid. This is the usual family style of service.

The second style is called Russian. It is more formal than the English and requires the service of a maid. The food is all served from the side and this may be done in either one of two ways. The plates may be served and brought to the table, or individual portions may be arranged on a dish from which each one serves himself. For formal service nothing is placed on the table except the individual covers and the decorations.

The third style is a combination of the English and Russian and is known as the Compromise style. Various courses or parts of the same course may be served from the side or on the table, as desired. For example, a roast may be carved on the table and the vegetables served from the side. Soup is usually brought to the table in individual dishes.

## SUGGESTIONS FOR SERVING

Simplicity in serving is always in good taste. The main requirement for a meal is to have well prepared food, attractively served, and in its best condition at the time of serving. Except in very warm weather, hot food should be placed in heated dishes. Meals to be served without a maid should be so planned that no one will need to be away from the table much of the time. A side table or tray on wheels may be used to advantage in serving either with or without a maid. Everything needed should be at hand before the meal.

If the first course is to be served cold it may be placed on the table before the meal is announced, but unless it is certain that those to be served will take their places immediately, it is better to bring in hot food after they are seated.

Any dish other than a plate, to be placed in the center of a cover should be set on a plate which may be removed with it or used for the next course.

The waitress should go to the right side of each person to place dishes and may remove them from either side as convenient.

Dishes from which a person is to serve himself should be passed to the left and held near and low enough to be convenient for the one served.

Small dishes and silver are usually carried on a tray and larger ones on a folded napkin.

Cups of tea, coffee, etc., when served, should be conveniently placed at the right of each person.

The glasses should be refilled as often as necessary. They should be drawn to the edge of the table for this purpose, but should not be lifted. Water should remain on the table throughout the meal.

At the end of a course, all of the dishes belonging to that course should be removed. The soiled dishes are taken off first, then the food, and then the clean dishes. It is permissible to take one thing in each hand, but the dishes should never be piled.

The crumbs should be removed just before the dessert is served, and before other courses if desired. A folded napkin and plate may be used for this purpose.

## REASONS FOR COOKING

Food is cooked:

- (1) To make it more digestible.
- (2) To make it more palatable and attractive.
- (3) To kill any living thing it may contain.

## METHODS OF COOKING

1. Broiling is cooking directly over a glowing fire.
2. Baking is cooking in the dry heat of an oven.
3. Pan broiling is cooking on a frying pan with little or no fat.
4. Pan baking is cooking on a griddle with little or no fat.
5. Roasting originally meant cooking before an open fire, but in present usage it is cooking in an oven.
6. Boiling is cooking in boiling water.
7. Parboiling is partly cooking in boiling water.
8. Stewing or simmering is cooking in water below the boiling point.
9. Steaming is cooking over boiling water in a steamer or double boiler.
10. Frying is cooking in hot fat, deep enough to cover the article to be cooked.
11. Sautéing is cooking in a small quantity of hot fat.
12. Braising is cooking in a closely covered pan in the oven.

## TABLE OF ABBREVIATIONS

t.=teaspoonful	lb.=pound
tb.=tablespoonful	f. g.=few grains
c.=cupful	f. d.=few drops
pt.=pint	spk.=speck
qt.=quart	min.=minute
oz.=ounce	hr.=hour

## TABLE OF MEASURES AND WEIGHTS

3 t	= 1 tb.	4 qt.	= 1 gal.
12 tb. (liquid)	= 1 c.	8 qt. (dry)	= 1 pk.
16 tb. (dry)	= 1 c.	2 c. sugar	= 1 lb.
2 c.	= 1 pt.	2 c. butter	= 1 lb.
2 pt.	= 1 qt.	4 c. flour	= 1 lb.
		1 sq. chocolate	= 1 oz.

All measurements called for in this book are made level. Flour, powdered sugar, and all lumpy dry materials should be sifted before measuring. A half spoonful is measured by dividing a spoonful lengthwise.

## RULES FOR WASHING DISHES

1. Scrape the dishes and pile them near the dish pan.
2. Soak starchy dishes in cold water, sugary dishes in hot water. Rinse those used for milk or egg in cold water. Wipe very greasy dishes with paper. Wash and scour the steel knives and forks, using a cork dipped in scouring powder, and wash again.
3. Wash the dishes in hot soap suds, renewing the water often enough to keep it hot and clean.
4. Rinse in clear hot water. If properly scalded and allowed to drain the china need not be wiped.
5. Wipe the silver and glasses and if necessary the china and put in a clean dry place.
6. Never wet the cogs of a Dover beater.
7. Do not let the wooden handles of knives or forks lie in water.

## DISH TOWELS

Wash dishcloths and towels with hot water and soap suds. Rub with soap and boil frequently. Rinse thoroughly and dry in the open air if possible.

## CARE OF THE SINK

After the dishes are put away, wash the sink thoroughly in every part with hot water and soap. Scald with boiling water once a day.

### CARE OF THE REFRIGERATOR

Keep the inside of the refrigerator dry and clean. Do not allow food to remain in it long enough to spoil. Wash it with hot soap suds once a week, rinsing with clear hot water and drying thoroughly. The ice chamber and drain pipes also should be washed and scalded.

## Fruit

### APPLE SAUCE

8 tart apples	$\frac{1}{2}$ c. sugar
$\frac{3}{4}$ c. water	Spice

Wash, pare, quarter, and core the apples. Put in a saucepan with the water and cook, covered, until soft. Mash the apples, add sugar, and spice if desired.

### GREEN APPLE SAUCE

Use unripe apples. Wash and quarter the apples and remove the blossom, but do not pare them. Add a small quantity of water and cook, covered, until soft. Press through a colander and sweeten.

### STEWED DRIED APPLES

Prepare and cook dried apples as directed for Stewed Prunes. Raisins and a slice of lemon may be added if desired.

### APPLE COMPOTE

8 sour apples
1 c. sugar
1 c. water

Wash, pare, quarter, and core the apples. Make a syrup by boiling the water and sugar a few minutes. A bit of lemon rind or cinnamon may be cooked in the syrup if desired. Add as many pieces of apple as the syrup will cover, and cook until tender but not broken. Remove them and add others until all are cooked. Place the apples in a serving dish and pour the syrup around them.

### BAKED APPLES

Select sound tart apples for baking. Wash and core them without cutting through the stem end. Pare, if desired, after coring. Place in a granite or earthenware baking dish and pour 1 tb. sugar,

mixed with a little spice, if desired, into each cavity. Cover the bottom of the baking dish with hot water. Bake in a hot oven until soft, basting occasionally with the hot water in the pan. Serve hot or cold with cream.

### STEAMED APPLES

Sound tart apples are best for steaming. Wash and core them without cutting through the stem end. Do not pare them. Place in a granite or earthenware baking dish. Put a small piece of butter, and 1 tb. sugar mixed with a few grains of spice, into each cavity. Steam 15 to 20 minutes or until tender. Serve hot or cold with cream.

### RHUBARB SAUCE

Cut off the leaves and wash the stalks. Cut into 1-inch pieces, without peeling. Add to the rhubarb one-fourth as much sugar, and cook in a double boiler until soft; or add a little water and cook in a single boiler. The pieces should remain unbroken. Old rhubarb is more delicate if blanched before cooking. A few strawberries cooked with the rhubarb improve the color and flavor.

### BAKED RHUBARB

Prepare as above and bake in an earthen or granite dish until tender and deep red in color.

### CRANBERRY SAUCE

4 c. berries  
2 c. sugar  
1½ c. boiling water

Pick over and wash the berries. Put in a stew pan and add the hot water. Cover and boil 10 minutes, taking care the sauce does not boil over. Add sugar and stir until dissolved. Cool and serve.

### CRANBERRY JELLY

4 c. berries  
1 c. sugar  
Boiling water

Pick over and wash the berries. Put in a stew pan and cover with boiling water. Let stand over a low flame just until the skins burst. Drain, add 1 c. boiling water, cover and boil 15 minutes, taking care that they do not boil over. Press through a sieve. Add the sugar, and boil 5 minutes, uncovered. Turn into molds or glasses.

### STEWED PRUNES

Wash the prunes and soak them in cold water over night. Simmer or cook in a double boiler until tender. If sugar is used, add it after the prunes are cooked. If desired, a small quantity of lemon juice may be added when the prunes are cold.

### STEWED APRICOTS

Prepare and cook dried apricots as directed for Stewed Prunes.

## Beverages

### COCOA

3 c. milk	2½ tb. cocoa
1 c. hot water	3 tb. sugar
Few grains salt	1 tb. flour

Mix the dry ingredients and blend with a little hot water. Add to the rest of the hot water and cook 5 minutes. Add the milk and heat to the boiling point. Beat with a Dover egg beater to prevent a scum from forming. Add a few drops of vanilla, if desired.

### HOT CHOCOLATE

1½ sqs. shaved chocolate	Few grains salt
¼ c. sugar	1½ c. boiling water
3 c. milk	

Mix the chocolate, sugar, salt, and water. Cook 5 minutes, stirring occasionally to prevent burning. Add the milk and heat to the boiling point. If desired, ½ t. vanilla may be added. Beat with a Dover beater and serve with or without whipped cream.

### BOILED COFFEE

1 c. or less coffee ground medium fine
5 to 6 c. cold or freshly boiled water.
1 crushed egg shell, or ½ egg white, if desired
Cold water to clear the coffee.

Scald the coffee pot, put in the coffee, and add the measured water. Bring slowly to the boiling point. If made with cold water boil 1 minute; if with hot water boil 3 to 5 minutes. Pour out a little of the coffee to clear the spout, and return the coffee to the coffee pot. Pour in about ½ c. cold water mixed with the egg shell

or white, if used, to clear the coffee. Let it stand near the fire 10 minutes. It is often of advantage to put the coffee in a cheese-cloth bag, or an aluminum filter before placing it in the pot.

### FILTERED COFFEE

$\frac{1}{2}$  c. or less coffee, finely ground  
3 c. freshly boiled water

Filtered coffee is made by pouring boiling water through finely ground coffee in a fine sieve. This may be repeated several times to make the coffee stronger if the water is kept hot. There are many kinds of pots for making coffee in this way. Some of them are to be placed over the flame, and are so arranged that the boiling water is automatically and repeatedly poured over the coffee.

### TEA

1 t. tea, or less  
2 c. water

Put the tea into a scalded earthen or china tea pot and pour the freshly boiled water over it. Cover and allow to steep 3 to 5 minutes. Serve with sugar and cream, if desired, or with sugar and a thin slice of lemon. Tea should always be freshly made and should never be boiled.

### LEMONADE

$\frac{3}{4}$  c. sugar  
1 pt. water  
 $\frac{1}{2}$  c. lemon juice

Make a syrup by boiling the sugar and water. Cool and add the lemon juice; then add enough water to suit the taste.

### ICED CHOCOLATE

Follow the directions for Hot Chocolate. Chill and serve with chopped ice and whipped cream, if desired.

### ICED TEA

Follow the directions for Tea. Chill and serve with chopped ice and a wedge of lemon, and powdered sugar, if desired.

# Cereals

Cereals are seeds of grasses. The common ones are wheat, oats, corn, rice, barley, and rye. They are sometimes prepared for market by simply removing the outside husk, and are also manufactured into many different forms.

Cereals require thorough cooking on account of the starch and cellulose which they contain. They may be boiled directly over the fire, but for long cooking it is safer to use a double boiler or to cook them in the oven.

## TIME TABLE FOR COOKING CEREALS

- Rolled oats, 1 to 2 hours.
- Rolled wheat, 1 to 2 hours.
- Granulated wheat, 1 to 2 hours.
- Boiled rice, 45 minutes to 1 hour.
- Steamed rice, 1 hour.
- Fine hominy, 2 hours.
- Coarse hominy, 3 hours.
- Cornmeal mush, 1 to 3 hours.

## CORNMEAL MUSH

- 4 c. boiling water or skim milk
- 1 t. salt
- 1 c. cornmeal

Cool the water slightly, add the salt, and pour in the cereal slowly, stirring to prevent lumping. Cook and stir until the cereal thickens. Cover the dish closely and place in the oven or over a very low flame to cook for an hour; or place over hot water to cook 2 to 3 hours. Mush may be cooked in the oven in a shorter time than over hot water. It is less likely to scorch in the oven and has a better consistency than if cooked over the direct flame.

## GRANULATED WHEAT

- $\frac{3}{4}$  c. cereal
- 4 c. water or skim milk
- 1 t. salt

Follow the directions given for Cornmeal Mush.

## ROLLED OATS

- 2 c. rolled oats
- 4 c. water or skim milk
- 1 t. salt

Follow the directions given for Cornmeal Mush.

**GRAHAM MUSH**

1 c. graham flour  
 3 c. boiling water  
 1 t. salt

Follow the directions given for Cornmeal Mush.

**BOILED RICE**

1 c. rice  
 6 c. boiling water  
 1 t. salt

Wash the rice in several waters to remove the loose starch. Add it to the boiling salted water and boil vigorously for a few minutes. Cover and cook over a very low flame until tender, from 45 to 60 minutes. The rice should not be stirred during cooking, but may be lifted gently from the bottom with a fork if necessary, to prevent sticking.

**STEAMED RICE**

1 c. rice  
 4 c. water or milk  
 1 t. salt

Wash the rice in several waters to remove loose starch. Have the water boiling in the upper part of the double boiler and add the salt. Sprinkle in the rice. Boil 5 minutes directly over the fire; then place the upper part of the boiler in the lower part containing hot water, and cook 1 hour or until soft.

**RICE AND CHEESE**

3 c. cooked rice	1 c. Thin White Sauce,
About 1 c. grated cheese	or about 1 c. milk
Cayenne	Buttered crumbs
Salt if needed	

If White Sauce is to be used add the cheese to it and stir while the cheese melts, keeping the mixture just below the boiling point. Place the rice in an oiled baking dish and add the cheese mixture, stirring slightly with a fork. If milk is used cover the bottom of the baking dish with rice, sprinkle it with cheese, cayenne, and salt, and repeat until all the rice is used. Add milk to half the depth of the contents. Cover with buttered crumbs and bake until the crumbs are brown.

## RICE TIMBALES

1 c. uncooked rice	1 $\frac{1}{2}$ t. salt
3 c. boiling water or stock	1 c. Tomato Sauce

Put the boiling water, salt, and well-washed rice in the upper part of the double boiler and boil for 10 minutes. Place over hot water and cook until the rice is tender. Add the Tomato Sauce, stirring slightly with a fork. Cook 15 minutes longer, pack in oiled timbale molds, and keep in a warm place until firm. Use alone or as a garnish with Pot Roast.

## RICE CROQUETTES

$\frac{1}{2}$ c. uncooked rice	1 egg or 2 yolks
$\frac{1}{2}$ c. boiling water	1 tb. fat
1 c. to $1\frac{1}{2}$ c. hot milk	2 tb. sugar, if desired
$\frac{1}{2}$ t. salt	Fat-proof Coating

Add the salt to the water boiling directly over the fire in the upper part of the double boiler. Sprinkle in the well-washed rice and boil until the water is absorbed. Place over hot water, add 1 c. of the hot milk and cook, covered, 1 hour or until soft. If the rice becomes dry before it is tender, add a little more hot milk. Cool slightly, add the beaten egg and fat, and the sugar if used. When cold, form into balls, dip in sifted crumbs, and shape into nests or cylinders. Dip in egg and in crumbs to complete the Fat-proof Coating. Fry and drain on unglazed paper. Serve hot as a vegetable, and, if in the shape of nests, garnish with jelly.

## RICE CAKES

2 c. cooked rice	
1 or 2 eggs, beaten slightly	
$\frac{1}{4}$ t. salt	

Mix the ingredients. Drop by tablespoonfuls on an oiled frying pan and saute until delicately browned on both sides. If desired, 2 tb. sugar may be added.

## SPANISH RICE

1 c. uncooked rice	1 small onion, chopped fine
2 tb. fat	1 chopped green pepper or
2 c. water	pimento, if desired
2 c. tomatoes	1 t. salt
	$\frac{1}{8}$ t. pepper

Wash the rice, dry it thoroughly, and brown it in the fat. Add the water, tomatoes, onion, and seasonings. Cook for 30 minutes, or until the rice is tender, adding more water if needed.

**HOMINY**

1 c. dried hominy  
Water  
1 t. salt

Wash the hominy and soak it in cold water several hours. Add salt and boil directly over the fire for at least 5 minutes. Cover and continue cooking over a low flame or over hot water or in the oven from 2 to 3 hours.

**HOMINY CAKES**

2 c. cooked hominy  
1 or 2 eggs, beaten slightly  
 $\frac{1}{3}$  t. salt

Mix the ingredients. Drop by tablespoonfuls on an oiled frying pan, and saute until delicately browned on both sides. Serve immediately.

**HOMINY AND CHEESE**

3 c. cooked hominy	1 c. Thin White Sauce
1 c. grated cheese, or less	or about 1 c. milk
Cayenne	Buttered crumbs, if
Salt if needed	desired

Follow the directions given for Rice and Cheese.

**CEREAL WITH FRUIT**

Hot cereals may be served with many kinds of fruit. Cereals may be packed while hot in molds with fruit and served cold with cream and sugar.

**SAUTED OR FRIED MUSH**

Pack left-over mush in molds. When cold, cut in slices and saute or fry them. Serve with syrup.

**CARAMEL SYRUP**

1 c. sugar  
1 c. boiling water

Melt the sugar in a sauce pan, stirring constantly until it is light brown. Add the hot water and simmer to make a syrup.

**SUGAR SYRUP**

1 c. brown or granulated sugar  
 $\frac{3}{4}$  c. hot water  
2 tb. corn syrup, or 1-16 t. cream of tartar

Mix the ingredients, and cook until of the desired consistency.

## Macaroni and Spaghetti

Macaroni, spaghetti and vermicelli are made from coarsely ground wheat flour very rich in gluten. The flour is made into a dough with hot water. It is then placed in a press and forced out through holes and dried.

### BOILED MACARONI OR SPAGHETTI

1 c. macaroni, or spaghetti  
2 qt. water  
1 tb. salt

Break the macaroni or spaghetti in pieces and wash it. Cook in boiling salted water until soft. Drain and pour over it a cup of cold water to prevent the pieces from clinging together. Drain and reheat in Tomato Sauce or bake with cheese or meat and any desired seasoning. The water drained from macaroni or spaghetti should be saved for use in soups.

### TOMATO SAUCE

1 c. strained tomato	1 t. minced onion
2 tb. or less fat	$\frac{1}{2}$ t. salt
2 tb. flour	Pepper

The onion may be cooked in the fat until light yellow, or it may be added to the tomato. Make the sauce according to any one of the methods given for making White Sauce. A more highly flavored sauce may be made by cooking a little minced carrot, turnip, and green pepper in the fat with the onion. The vegetables may be strained out of the sauce.

### MACARONI AND CHEESE

Follow the directions for Rice and Cheese, substituting cooked macaroni for rice.

### BAKED SPAGHETTI

3 c. Boiled Spaghetti	$1\frac{1}{2}$ c. tomatoes
$\frac{1}{2}$ to 1 c. cooked meat	2 tb. melted fat
$\frac{1}{2}$ sweet green pepper if desired	Salt
$\frac{1}{2}$ small onion	Pepper
$\frac{1}{2}$ to 1 c. mushrooms if desired	

Chop the onion, green pepper, mushrooms, and meat. Add the Boiled Spaghetti, seasoning, and tomatoes. Put the mixture in an oiled baking dish. Cover with buttered crumbs, if desired. Bake in a moderate oven about 30 minutes.

## Vegetables

Great care should be taken to prepare vegetables in such a way as to retain all of their food value and flavor and those which contain starch should be thoroughly cooked. Various parts of plants are used as food. Examples:

Tubers (under ground stems): White potatoes.

Roots: Carrots, turnips, beets, sweet potatoes, and radishes.

Stems: Celery, asparagus.

Bulbs: Onions.

Leaves: Cabbage, lettuce, spinach, and other greens.

Flowers: Cauliflower.

Fruit: Tomatoes, beans, peas, cucumbers, and egg plant.

### TIME TABLE FOR BOILING VEGETABLES

Asparagus (young), 20 to 30 min.

Asparagus (old), 30 to 40 min.

Beans (string), 1 to  $2\frac{1}{2}$  hrs.

Beans (dried lima or navy, after soaking),  $1\frac{1}{2}$  to 2 hrs.

Beets (young), 45 min. to 1 hr.

Beets (old), 3 to 4 hrs.

Cabbage (young), 30 min.

Cabbage (old), 1 hr.

Cauliflower, 25 to 40 min.

Green Corn, 10 to 15 min.

Onions, 50 min. to 1 hr.

Parsnips, 30 to 55 min.

Potatoes, 25 to 35 min.

Potatoes (sweet), 25 to 30 min.

Peas, 20 min. to 1 hr.

Squash (summer), 20 to 55 min.

Squash (winter), 1 to  $1\frac{1}{2}$  hrs.

Tomatoes: (Stewed), 15 to 20 min.

Turnips, 40 min. to 1 hr.

### BOILED POTATOES

Scrub the potatoes and remove the dark spots. Cook in boiling water until tender, but do not allow the water to boil violently as the potatoes are likely to be broken. Drain and dry them over the fire. They may be served without being peeled, or the skins may be removed and the potatoes seasoned with butter, pepper, and salt.

## MASHED POTATOES

6 medium sized potatoes  
 3 tb. butter, or less  
 $\frac{1}{3}$  c. hot milk, or more  
 About 1 t. salt

Scrub the potatoes and remove the dark spots. The skins may be removed easily and without waste, if the potatoes are first boiled 10 minutes. Peel them quickly and cook at once in boiling salted water until tender. Drain them and save the water for use in soup or bread. Mash the potatoes, add the seasoning and milk, and beat until light. If desired, the milk may be heated in the pan with the potatoes by pushing them to one side. Mashed potatoes may be kept light and hot if the pan is set in hot water.

## POTATO CAKES

Shape cold Mashed Potatoes into small cakes and sauté them in hot fat.

## POTATO CROQUETTES

Use Mashed Potatoes, adding a little minced parsley and a well beaten egg if desired. Shape into croquettes and dip in Fat-proof Coating. Fry and drain on unglazed paper.

## CREAMED POTATOES

3 c. Boiled Potatoes  
 2 c. Medium White Sauce

Small new potatoes may be served whole. Others should be cut when cold into cubes or slices. Add the potatoes to the sauce and serve hot. Garnish with a little paprika or parsley if desired.

## CREAMED POTATOES (Quick Method)

3 c. Boiled Potatoes	2 c. milk
4 tb. flour	Salt
3 tb. or less butter or other fat	Pepper

Cut cold Boiled Potatoes into small cubes or slices. Put them in a sauce pan and sprinkle the flour, salt and pepper through them. Add the milk and butter and cook about 10 minutes over a low flame, adding a little more milk if needed. Lift and turn the potatoes to keep them from sticking.

## CREAMED POTATOES (Onion Flavor)

3 c. Boiled Potatoes, diced	4 tb. flour
2 tb. or less fat	2 c. milk
$\frac{1}{2}$ small onion, sliced	Salt
	Pepper

Sprinkle the flour, pepper, and salt through the potatoes. Heat the fat in a frying pan, and cook the onion in it until light brown. Add the potatoes and milk and cook about 10 minutes over a moderate fire, lifting and turning the potatoes to keep them from sticking.

### LYONNAISE POTATOES

2 c. cold Boiled Potatoes	1 tb. minced onion
Salt	About 2 tb. fat
Pepper	1 tb. minced parsley

Cut the cold Boiled Potatoes into one-half inch cubes. Sprinkle with salt and pepper. Cook the onion in the fat until brown. Then remove the onion and cook the potatoes in the fat, turning to brown them evenly. Sprinkle with parsley and serve.

### SAUTED POTATOES

Peel cold Boiled Potatoes and cut them into small cubes or slices. Sprinkle with salt and pepper, and saute until delicately browned, lifting and turning them occasionally. Serve immediately.

### PANNED POTATOES (Quick Method)

Wash the potatoes and boil them 10 minutes. Peel and cut them in fourth inch slices, and place in a pan. Add hot water to half the depth of the potatoes and season with butter, pepper, and salt. Cover closely and cook until the potatoes are soft, lifting and turning them occasionally, and adding a little water, if necessary, to prevent scorching. They should be almost dry when done and should be served immediately.

### POTATO CHOWDER

6 medium sized potatoes	2 c. milk
$\frac{1}{4}$ lb. salt pork, or less	1 t. salt
1 small onion, minced	Pepper

Wash the potatoes and boil them 10 minutes. Peel and dice them. Cut the pork into small pieces and cook with the onion until light brown, using the kettle in which the chowder is to be made. Cool slightly, add the potatoes with enough hot water to cover them and cook until tender. Add the milk, bring to the boiling point, season, and serve.

### BAKED POTATOES

Select smooth potatoes of uniform size, and scrub them. Bake them in a hot oven until soft, or boil them 15 minutes, and then place them in the oven to bake. The potatoes are more quickly cooked, and

have a softer skin if the latter method is used. Serve them at once, or prick them with a fork to allow the steam to escape.

### STUFFED BAKED POTATOES

Cut hot baked Potatoes in two lengthwise or cut off one end. Scoop out the inside, mash, and season as Mashed Potatoes. Put back into the shells lightly, and return to the oven to brown. Chopped cooked meat or grated cheese may be mixed with the filling or sprinkled over the top.

### POTATOES ROASTED WITH MEAT

Scrub the potatoes and boil them 10 minutes. Drain and peel them. Place the potatoes in the pan with the roast during the last 40 or 50 minutes of cooking. Turn the potatoes occasionally, and cook until they are tender and brown.

### SCALLOPED POTATOES

Wash the potatoes, boil them 10 minutes, peel, and slice them. Put a layer into an oiled baking dish; sprinkle with salt, pepper and flour, and dot with bits of butter. Repeat until the dish is full. Add hot milk until it may be seen on top. Cover and bake in a moderate oven until the potatoes are tender (about one hour and 15 minutes). Uncover and brown them.

### POTATO CHIPS

Wash and pare the potatoes and cut them into very thin slices. Soak them about an hour in ice water. Remove the potatoes from the water and dry them between the folds of a clean cloth. Fry them in deep fat. Drain them on unglazed paper and sprinkle them with salt.

### FRENCH FRIED POTATOES

Select small potatoes of uniform size. Wash and pare them and then cut them into eighths lengthwise. Soak them about an hour in ice water, then drain and dry them between the folds of a clean cloth. Fry the potatoes in deep fat. Drain them on unglazed paper and sprinkle them with salt.

### BAKED SWEET POTATOES

Follow the directions for Baked Potatoes.

### SAUTED SWEET POTATOES

Scrub the potatoes and cook them in boiling water until tender. Drain and peel them. Cut the potatoes into pieces of uniform size; or mash, season, then shape them into cakes. Sauté and serve.

### GLAZED OR CANDIED SWEET POTATOES

5 or 6 medium sized sweet potatoes	2 tb. water
$\frac{1}{2}$ c. sugar, brown or granulated	$\frac{1}{2}$ t. salt
Butter or other fat	

Wash the potatoes and cut out the imperfections. Boil 20 minutes. Drain, scrape off the skins, cut lengthwise into slices one-half inch thick and arrange on an oiled pan. Make a syrup by boiling the sugar, salt, and water 5 minutes. Pour part of the syrup over the potatoes, dot them with butter and bake in a moderate oven 20 to 30 minutes, or until well browned and tender. Baste with the remaining syrup during baking.

### STEAMED WINTER SQUASH

Choose a winter squash, heavy in proportion to its size. Wash and break it into pieces. Remove the seeds and stringy portion. Place pulp side up in a steamer and steam half an hour, or until tender. Scoop out the pulp, mash it, and season with salt, pepper, butter, and a little sugar, if needed. If too dry beat in a little hot milk.

### BAKED SQUASH

Wash the squash and cut into pieces suitable for serving. Remove the seeds and stringy portion and place the pieces on a shallow pan. Sprinkle with salt and pepper, and dot with butter. Bake in a hot oven. Serve in the shell or scrape out the pulp and mash it.

### PARSNIPS

Wash the parsnips, scald till the skins can be easily removed, and dip the parsnips in cold water. Scrape off the skins and if large cut the parsnips into halves or quarters. Cook them in steam or in boiling salted water until tender, allowing the liquor to cook down. Season with butter, pepper, and salt; or drain and sauté them.

### MASHED TURNIPS

Wash and pare the turnips. Cut them into slices and cook in boiling salted water until tender. Drain, mash, and season with butter, pepper, and salt.

### CREAMED TURNIPS

2 c. turnips
1 c. Medium White Sauce

Wash and pare the turnips. Cut them in half-inch cubes. Cook them in boiling salted water until tender. Drain and add White Sauce.

### CARROTS

Wash the carrots, scald till the skins are loose, and dip the carrots quickly into cold water. Scrape off the skins and cut the carrots into cubes or slices. Cook them in steam or in boiling salted water until tender, allowing the liquor to cook down. Add White Sauce or season with butter, pepper, and salt.

### CARROTS AND PEAS

1 c. cooked carrots, diced	2 tb. butter, or less
1 c. cooked peas	$\frac{1}{2}$ t. salt

Heat the carrots and peas together, season, and serve.

### CREAMED SALSIFY (Oyster Plant)

Follow the directions given for Carrots.

### SALSIFY CAKES

2 c. cooked mashed salsify	Few grains pepper
1 tb. butter, or less	$\frac{2}{3}$ t. salt

Wash the salsify. It need not be scraped. Steam it until tender, and mash and season with butter, pepper, and salt. Shape into small cakes, roll them in flour, and sauté or fry them.

### BUTTERED BEETS

Cut off the leaves of the beets and part of the stems. Wash the beets and cook in boiling water until tender. Drain, cover with cold water and remove the skins. Small beets should be left whole, and larger ones cut into quarters or slices. Reheat over hot water, seasoning with butter, salt, pepper, and a little vinegar if desired.

### PICKLED BEETS

Cook the beets and remove the skins, as above. Small beets should be left whole, and the larger ones cut in quarters or slices. Cover with diluted vinegar, adding a little sugar, salt, and pepper if desired.

### BEET RELISH

2 c. chopped cooked beets	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. grated horseradish root	$\frac{1}{2}$ t. salt
Vinegar to cover	

Mix the ingredients in the order given, and serve cold as a relish with meat.

### BOILED CABBAGE

Take off the outside leaves of the cabbage, cut it into quarters, and remove the tough part. Soak in cold water, and cook uncovered in boiling salted water until tender (from 30 to 60 minutes). Drain and serve; or chop and season with butter, salt, and pepper.

### SCALLOPED CABBAGE

1 small head of cabbage  
2 c. Medium White Sauce  
Buttered crumbs

Cook the cabbage as directed for Boiled Cabbage. Cut it in pieces and put into an oiled baking dish. Add the White Sauce and lift the cabbage with a fork to mix it with the sauce. Cover with buttered crumbs and brown in the oven.

### STUFFED CABBAGE

1 medium sized cabbage	Butter
1 c. ground beef	Salt
1 c. cooked rice or crumbs	Pepper

Remove the outside leaves and core from the cabbage, and reserve them for soup. Mix the meat, rice, and seasonings. Stuff the cabbage with this mixture and tie a large leaf over the top. Cook the cabbage in steam or boiling salted water until tender.

### CAULIFLOWER

Soak the cauliflower about 1 hour in cold water. It may be left whole or may be separated into pieces before cooking. Cook it in steam or in boiling salted water until tender. Drain and season with butter, pepper, and salt; or serve in Medium White Sauce. If it is not too strong in flavor, part or all of the liquor in which the cauliflower was cooked may be used in the sauce, or in making soup.

### ONIONS

Peel the onions under cold water. Cook them in boiling salted water until tender. If a mild flavor is desired the water may be changed once or twice during the cooking. Drain them and reserve the water for use in soup. The onions may be seasoned with butter, pepper, and salt, or may be creamed or scalloped.

### STUFFED ONIONS

Prepare as directed for Onions. Push out the soft centers, leaving the outer layers intact. Chop the centers and add soft stale bread crumbs, or cooked meat, and enough Medium White Sauce to moisten. Stuff the onion cups with this mixture. Sprinkle the

top with buttered bread crumbs and bake in a hot oven until the crumbs are brown.

### ASPARAGUS

Break off the lower tough part of the stalks, as far down as they will snap, and reserve them for soup. The asparagus may be cooked whole or broken into inch lengths. Cook it in boiling salted water until tender, leaving the tips out of the water the first ten minutes. Boil down the water in which the asparagus was cooked. Season the asparagus with butter, pepper, and salt, or add White Sauce as desired.

### CREAMED CELERY

2 c. celery  
1½ c. Medium White Sauce

Separate and wash the celery, removing the leaves. Cut in half-inch lengths and cook in boiling salted water until tender, allowing the liquor to cook down. Make a Medium White Sauce, substituting the liquor from the celery for part of the milk. Add the celery and serve on toast. Celery leaves should be saved and may be used, either fresh or dried, for seasoning.

### FRIED EGG-PLANT

Wash the egg-plant and pare it. Cut it in thin slices and pile them on a dish, sprinkling each one with salt. Let them stand an hour with a weight on top to press out the juice. Drain, dip in Fat-proof Coating or batter, and fry. Make the batter by mixing 1 c. flour,  $\frac{3}{4}$  c. milk, 2 eggs or less, and a little salt and pepper.

### STUFFED EGG-PLANT

1 egg-plant	Few grains pepper
2 tb. bacon or other fat	1 t. salt
1 t. minced onion	Stock or water
1 c. soft stale bread crumbs	1 beaten egg, or none
Buttered crumbs	

Wash the egg-plant and cook it about 15 minutes in boiling salted water. Cut off the top and scoop out the pulp. Chop the pulp, add the fat, crumbs, seasoning, and stock or water to moisten. Cook the mixture 5 minutes, cool it slightly, and add the egg. Fill the shell with this mixture, cover with buttered crumbs, and bake from 20 to 30 minutes.

### STEWED TOMATOES

Wash the tomatoes, scald and peel them. Cut them in quarters and simmer 15 or 20 minutes. Season with butter, salt, pepper, and

sugar if desired. Small cubes of stale bread or toast may be added just before removing the tomatoes from the fire.

### SCALLOPED TOMATOES

4 c. tomatoes	1 t. grated onion if desired
1 t. salt	2 c. soft stale bread crumbs
$\frac{1}{8}$ t. pepper	mixed with 2 tb. melted fat
	1 t. sugar

Mix these ingredients, reserving  $\frac{1}{2}$  c. buttered crumbs. Pour into an oiled baking dish, cover with the reserved crumbs, and bake until brown.

### SAUTED TOMATOES

Select under-ripe or green tomatoes. Wash and cut them cross-wise in half-inch slices. Sprinkle them with salt, pepper, and sugar if desired. Dip in flour, cornmeal, or in Fat-proof Coating and sauté.

### STUFFED TOMATOES

6 tomatoes	1 t. sugar if desired
1 to 2 c. soft stale bread crumbs	1 t. minced onion
$\frac{1}{2}$ c. chopped cooked meat or cooked corn	1 tb. minced parsley
	1 t. salt
	Few grains pepper
	$\frac{1}{3}$ c. dry buttered crumbs

Select firm tomatoes of uniform size and wash them but do not remove the skins. Cut a thin slice from the top and scoop out the inside. Mix the pulp with crumbs and meat or corn, and season as desired. Stuff the tomatoes with the mixture, cover with buttered crumbs and bake until the crumbs are brown.

### STUFFED PEPPERS

Select sweet green peppers of uniform size. Wash them and cut out the stems, removing a small portion of the pepper around them. Take out the seeds and partitions. Simmer the peppers 15 to 20 minutes and drain them. Fill with any desired mixture such as chopped cooked meat, and bread crumbs or rice, moistened with gravy or White Sauce, and seasoned with onion, pepper, and salt; or with cooked macaroni and tomatoes; or with tomatoes, celery, and cooked corn or rice in any desired combination. Cover the tops with buttered crumbs and place the peppers in a pan containing a little hot water. Bake until the crumbs are brown.

### GREENS

The leaves of many cultivated and of some uncultivated plants are eaten as "greens". Many of those which have commonly been

discarded may be utilized in this way. Spinach, Swiss chard, kale, rape, and the tops of young beets, turnips, carrots, and radishes are among the cultivated plants used. Some uncultivated greens are dandelions, mustard, sour dock, purslane, and pepper cress. Young and tender greens may be steamed, or cooked as directed for Spinach, to retain the flavor and mineral matter. The leaves of older plants may be cooked in boiling water, with or without bacon, a ham bone, or fat salt pork. If the leaves have too strong a flavor they may first be parboiled.

### SPINACH

Pick over the spinach and remove the roots. Put it into a pan with plenty of cold water, so that the sand will settle. Shake the leaves and lift them out. Repeat until free from sand. Drain well and cook covered 10 to 15 minutes over a low flame, without adding water. A little butter or bacon fat may be melted in the pan before putting in the spinach. Season with salt, pepper, and vinegar if liked. Garnish the spinach with slices of Hard Cooked Eggs.

### STEWED CORN

Remove the husks and silk from the corn. Cut off the tips of the kernels with a sharp knife and scrape out the remaining pulp with the back of the knife. Add a little water or milk and cook the corn over a low flame 20 to 30 minutes, stirring occasionally, or cook it over hot water after the boiling point is reached. Season with butter, pepper, salt, and a little sugar if needed.

### DRIED CORN, STEWED

Soak the corn in cold water several hours. Cook until tender. Season with butter, pepper, and salt, adding a little milk or cream if desired.

### SCALLOPED CORN

2 c. cooked corn	$\frac{1}{2}$ c. soft stale bread crumbs
2 c. Medium White Sauce	$\frac{1}{4}$ c. fine dry buttered crumbs

Mix the corn with the sauce and soft crumbs. Add salt, pepper, and a little sugar if needed. Place the mixture in an oiled baking dish. Cover with the buttered crumbs, and bake until the crumbs are brown.

### BAKED CORN

2 c. stewed corn	1 tb. butter
2 eggs or less	2 c. hot milk or less
2 t. salt	Few grains pepper

Beat the eggs slightly and add to the corn, seasonings and milk. If the amount of egg is reduced, the milk should be decreased also.

Put into an oiled baking dish. Set the dish in hot water and bake in a slow oven.

### CORN OYSTERS

2 c. pulp of corn	Salt and pepper to taste
2 eggs well beaten	$\frac{1}{2}$ c. flour

Grate raw corn slightly and scrape out the pulp with the dull edge of a knife. If canned corn is used it should be chopped or pressed through a sieve. Add the eggs to the corn and enough of the flour to make a pour batter. Season to taste, adding a little sugar if the corn is not sweet. Drop by teaspoonfuls on a hot oiled griddle, and brown on both sides.

### CORN CHOWDER

3 medium sized potatoes	2 c. milk
$\frac{1}{4}$ lb. salt pork, or less	2 c. cooked corn
1 small onion, minced	1 t. salt
Pepper	

Follow the directions given for Potato Chowder, adding the corn with the milk.

### SUCCOTASH

Cook lima beans until nearly tender. Cut off the tips of kernels of corn and scrape out the pulp with the dull edge of a knife. Add to the beans and cook 20 to 30 minutes. Season with butter, salt, and pepper. Dried lima beans and canned or dried corn may be used if the fresh vegetables are not at hand.

### BUTTERED PEAS

Shell the peas and wash them. Cook until tender in enough hot water to cover them, allowing the liquor to cook down. Season with salt, pepper, and butter, and sugar if needed.

### CREAMED PEAS

2 c. cooked peas
1 c. Medium White Sauce

Heat the peas in the White Sauce. The liquor from the peas may be used in making the sauce.

### PEA PATTIES

Fill Patty Shells with hot Creamed Peas.

### GREEN BEANS

Wash the beans and string them. Cook in boiling water until tender, with or without a piece of ham, bacon, or salt pork. Allow the liquor to cook down, and season as desired.

### LIMA BEANS

Wash and pick over the beans. If dried beans are used soak them several hours in cold water. Cook the beans in boiling water until tender, allowing the liquor to cook down. Season with butter, pepper and salt. Add cream or White Sauce if desired.

### BOSTON BAKED BEANS

1 qt. navy beans	1 tb. salt
Cold water	1 tb. molasses or more
$\frac{1}{2}$ lb. salt pork or less	3 tb. sugar if desired
1 c. tomato or $\frac{1}{2}$ c. catsup if desired	

Pick over and wash the beans. Soak over night in cold water. Drain and cover with fresh water. Simmer until the skins begin to burst. Drain the beans, throwing the water out of doors—not in the sink because of the odor. Scald and scrape the rind of the pork. Place a one-fourth-inch slice of pork in the bottom of the bean pot. Cut through the rind of the remaining pork, making cuts one inch deep. Put the beans in the pot and bury the pork in them. Mix the seasoning with 1 c. boiling water and pour over the beans. Add enough more boiling water to cover them. Cover the bean pot; put into the oven and bake slowly 6 to 8 hours, uncovering for the last hour to allow the beans to brown. Add water as needed.

### BEANS WITH BACON

2 c. navy beans
$\frac{1}{2}$ lb. or less bacon, sliced

Pick over and wash the beans and soak over night in cold water. Boil 5 minutes in sufficient water to cover. Drain and put into a shallow pan, laying the bacon on top. Cover with hot water and bake in a moderate oven until beans are soft and brown. About 3 hours will be required. Add water at intervals as necessary and stir occasionally to brown the beans throughout.

### BAKED LENTILS

Prepare as directed for Beans with Bacon, or Boston Baked Beans, adding a few drops of onion juice if desired.

## BEAN OR LENTIL LOAF

1 c. dried beans or lentils	1 tb. chopped parsley
A few celery leaves	if desired
Bread crumbs if needed	Few drops onion juice
1 egg or none	$\frac{1}{2}$ c. broken nut meats
1 $\frac{1}{2}$ tb. melted fat	if desired
1 t. salt	Water or stock to
Pepper	moisten if needed

Pick over the beans or lentils and wash them. Soak them several hours in cold water and cook with the celery leaves until soft. Drain and press through a sieve or grind in a food chopper. To the pulp add the remaining ingredients. Cool the mixture, shape into a loaf and bake on a shallow pan. Serve with or without Tomato Sauce.

## NUT LOAF

$\frac{1}{2}$ to 1 c. chopped black walnuts, or other nut meats	About 1 t. salt
2 c. cooked rice, or Mashed Potato	Few grains pepper
Bread crumbs if needed	$\frac{1}{4}$ t. sage, if desired
1 beaten egg or none	1 tb. minced onion, if desired
Milk or stock to moisten if needed	1 tb. melted fat

If the onion is to be used, brown it in the fat. Mix all the ingredients, using the crumbs or liquid needed to shape into a loaf. Place on a shallow oiled pan. and bake until brown in a hot oven. Serve with or without Tomato Sauce.

## BEAN OR LENTIL CROQUETTES

Use the Bean or Lentil Loaf mixture. Cool and shape into croquettes. Dip in Fat-proof Coating, fry and drain on unglazed paper; or roll them in buttered crumbs and brown in the oven. Serve hot with or without Tomato Sauce.

# Milk

Each nutrient is represented in milk, making it an excellent food. Some products of milk are cream, skim milk, butter, buttermilk, and many kinds of cheese.

## CARE OF MILK

1. Wash the tops of milk bottles before emptying them.
2. Vessels used for milk should be thoroughly washed and scalded.
3. Never leave milk uncovered.
4. Keep milk in glass, earthen or enameled ware, or in new tin dishes.
5. As milk absorbs odors very easily, it should not be left near anything which has a strong odor.
6. Milk should be cooled quickly and kept cold.

## WHITE SAUCE

	Thin.	Medium.	Thick.
Butter or other fat	1 tb.	2 tb.	2½ tb.
Flour	1 tb.	2 tb.	4 tb.
Milk, whole or skim	1 c.	1 c.	1 c.
Salt	¼ t.	¼ t.	¼ t.
Pepper	f. g.	f. g.	f. g.

Note—In making larger quantities the amount of butter may be decreased. It is safer to cook White Sauce over hot water after the boiling point is reached.

## Methods of Combining

- I. Mix the dry ingredients together. Melt the butter in a saucepan, and add the dry ingredients, stirring until all lumps disappear. Add the cold milk. Stir constantly and cook five minutes.
- II. Cream the butter with the dry ingredients. Add the hot milk gradually, stirring to keep the mixture smooth. Cook 5 minutes, stirring while it thickens.
- III. Mix the dry ingredients and blend with enough cold milk to pour easily. Have the rest of the milk hot and add the mixture to it gradually, stirring constantly until thickened. Cook 5 minutes. Stir in the butter. The amount of butter may be decreased or omitted, when the sauce is made by this method.

## JUNKET

$\frac{1}{4}$ c. sugar	1 rennet tablet dissolved in
1 qt. whole or skimmed milk	1 tb. cold water
	1 t. vanilla

Heat the milk in a double boiler until it is just lukewarm. Add the sugar and vanilla, and stir until the sugar is dissolved. Pour into serving dishes and add rennet. Let the mixture stand in a warm room until it begins to thicken; then, taking care not to jar it, put in a cool place and leave until firm. Sprinkle with a little cinnamon or nutmeg if desired, and serve with cream and sugar.

## CHOCOLATE JUNKET

Melt 1 square of chocolate. Heat  $\frac{1}{2}$  c. of milk and add to the chocolate gradually. Stir and cook until smooth. Cool and blend with the remaining milk. Proceed as for Junket, adding  $\frac{1}{4}$  c. more sugar.

## Cheese

## COTTAGE CHEESE

Place thick freshly soured skimmed milk or buttermilk over a pan of hot water (not boiling). When the milk is warm and the curd separates from the whey, drain in a cheese cloth until dry. Put the curd into a bowl and add salt, pepper, and cream to taste, mixing with a fork. Serve lightly heaped up. The whey should be saved and may be used cold as a beverage or as the liquid in flour or gelatin mixtures.

## SWEET MILK CHEESE

1 qt. skimmed milk	1 rennet tablet dissolved in
Cream	1 tb. cold water
Salt	

Heat the milk in a double boiler until it is just lukewarm. Add the dissolved rennet and let the mixture stand in a warm room until it thickens, stirring occasionally. Drain until dry in a cheese cloth. Save the whey to serve cold as a beverage or to use as the liquid in flour or gelatin mixtures. Place the cheese in a bowl, add salt to taste and moisten with cream, mixing with a fork. Serve cold with salad or fruit, or use in a sandwich filling or Cheese Loaf.

## SCALLOPED CHEESE

5 or 6 slices stale bread	1 $\frac{1}{2}$ c. hot milk.
2 tb. butter or less	2 eggs or less
1 c. grated cheese	$\frac{1}{2}$ t. salt

Butter the bread and cut it into small pieces. Arrange it in an oiled baking dish alternating with the cheese, using bread for the bottom and top layers. Beat the eggs slightly and add the milk and salt. Pour this mixture over the bread until it can be seen on top, adding more milk if necessary. Bake in a slow oven 20 to 30 minutes.

## CHEESE FONDUE

1 c. hot milk	1 tb. butter or less
1 c. soft stale bread crumbs	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ lb. cheese cut in small pieces	Few grains cayenne
	3 eggs or 2

Mix all the ingredients but the eggs. Add the yolks well beaten, and fold in the whites of the eggs beaten until stiff. Pour into an oiled baking dish. Bake 20 minutes in a moderate oven and serve at once.

## CHEESE LOAF

2 c. cottage cheese or 1 c. grated cheese	About 1 t. salt
2 c. or less cooked rice or bean pulp	Few grains cayenne
1 beaten egg, or none	2 tb. lemon juice if desired
$\frac{1}{2}$ c. chopped nut meats if desired	1 tb. melted fat
	Bread crumbs if needed
	Milk or water to moisten if needed

Mix all of the ingredients, using just enough liquid to moisten. Shape into a loaf, place on a shallow oiled pan, and bake until slightly brown. Serve with or without Tomato Sauce.

## WELSH RAREBIT

1 $\frac{1}{2}$ c. milk	$\frac{1}{4}$ t. mustard
3 tb. flour	Few grains cayenne
2 tb. butter, or less	About $\frac{1}{2}$ lb. cheese
$\frac{1}{2}$ t. salt	Toast or crackers

Grate the cheese or cut it in very small pieces. Make a White Sauce from the milk, flour, butter, and seasonings. Add the cheese and stir until it melts, keeping the mixture below the boiling point. Serve hot on toast or crackers.

### CHEESE SAUCE

Follow the directions given for Medium White Sauce, and add from  $\frac{1}{4}$  to  $\frac{1}{2}$  c. grated or chopped cheese to each cup of sauce. Stir until the cheese melts, keeping the mixture below the boiling point. Serve on hot rice, macaroni, hominy, potatoes, or toast.

### CHEESE WAFERS

Sprinkle crisp wafers with a thin layer of grated cheese seasoned with a few grains of cayenne. Bake in a slow oven until the cheese melts. Serve with salad.

## Eggs

---

A fresh egg has a rough shell. It sinks to the bottom when placed in water and looks clear when held to the light. As the egg grows older the water in it evaporates, and air laden with bacteria takes its place, causing the egg to spoil. Placing in cold storage or excluding the air by packing in salt, limewater, or water glass, are common methods of preserving eggs.

### EGGS PRESERVED IN WATER GLASS

1 pt. water glass (silicate of soda)  
6 qt. cool boiled water  
9 to 10 dozen eggs

Eggs which are to be preserved should be collected in the spring when the supply is greatest. Only those which are clean, infertile, and freshly laid should be selected for packing. They must not be washed. The above amounts require a 4 gallon crock. See that the crock is scrupulously clean. Put it in a cool place where there is no danger of freezing, and where it will not need to be moved. Mix the water and water glass in the crock and place the eggs in the solution. They may be put in, a few at a time, as collected. The eggs should be at least 2 inches below the surface of the solution. Keep the crock covered. If properly packed, the eggs should keep for a year. They should be washed before using, and if to be cooked in the shells a small hole should be pricked in the large end of each egg before cooking.

## POINTS IN USING EGGS

1. Eggs should be washed before using.
2. Eggs used for enriching or thickening a mixture are only slightly beaten.
3. Yolks and whites must be beaten separately when used to lighten a mixture.
4. In separating the white from the yolk, be careful not to break the yolk, as even a small portion of it keeps the white from becoming stiff when beaten.
5. Whites of eggs must not be beaten until just before using.
6. Eggs should be cooked below the boiling point of water as they are toughened by too high a temperature.

## SOFT COOKED EGGS

Lower the eggs with a spoon into a saucepan of boiling water, having enough water to cover them. Remove the saucepan immediately from the fire and let it stand covered 7 to 10 minutes or less if very soft eggs are desired.

## HARD COOKED EGGS

Lower the eggs with a spoon into a saucepan of boiling water and place the pan where the water will keep just below the boiling point 30 to 45 minutes. The shells may be easily removed if the eggs are dropped into cold water as soon as they are done.

## SCRAMBLED EGGS

6 eggs	$\frac{1}{2}$ c. milk or water
$\frac{1}{2}$ t. salt	$\frac{1}{8}$ t. pepper
	1 t. butter

Beat the eggs slightly, and add the salt, pepper and milk. Put the butter into a hot smooth frying pan and when it is melted pour in the egg mixture. Cook until creamy over a low fire or over hot water, stirring from the bottom of the pan as the mixture thickens. Serve on or with slices of hot buttered toast.

## POACHED EGGS

Select a shallow sauce pan or skillet just large enough to allow sufficient space for each egg. Oil the bottom and sides of the pan and nearly fill it with boiling salted water. Break each egg into a saucer and slip it into the water which should be just below the boiling point and deep enough to cover the eggs. Let them cook

without boiling until a film has formed over the yolk and the white is firm. Remove with a skimmer or large spoon and place each egg on a slice of hot buttered toast. Season with salt, pepper, and butter to taste. Egg poachers or oiled muffin rings may be placed in the water before putting in the eggs, to keep them in shape.

### EGGS POACHED IN MILK

Follow the directions given for Poached Eggs, using milk in place of water. Pour the hot milk over the toast and eggs.

### FOAMY OMELET

6 eggs	Few grains pepper
$\frac{1}{2}$ t. salt	6 tb. water
	1 tb. butter

Separate the yolks from the whites. Add the water to the whites and beat until stiff. Drop in the unbeaten yolks, add the seasoning and fold in with a spatula. Heat an omelet pan and butter the sides and bottom; turn in the mixture, spread evenly and cook over a low fire until well puffed and delicately browned underneath. Place on the grate in the oven to cook the top. The omelet is done, if firm and dry when pressed with the finger. Fold and turn out on a hot platter. Serve at once.

### CREAMY OMELET

6 eggs	$\frac{1}{2}$ t. salt
6 tb. water or milk	Few grains pepper
	1 tb. butter

Beat the eggs slightly, using a fork. Add the salt, pepper, and milk or water. Melt the butter in a hot omelet pan without letting it brown. Turn in the egg mixture, cook over a low fire, and as it thickens, lift the edge lightly with a fork or knife to let the uncooked part run underneath. When creamy all through and delicately browned underneath, fold and turn out in a hot platter. Serve at once.

### SPANISH OMELET

Make a Foamy or Creamy Omelet and serve with Tomato Sauce.

### FANCY OMELETS

Make a Foamy or Creamy Omelet and just before it is folded, spread over it a few teaspoonfuls of finely chopped warm ham or chicken, or a little grated cheese. This is an excellent way to utilize left-over materials. The omelet takes its name from the filling.

### GREEN PEPPER OMELET

Brown 1 tb. minced onion in 2 tb. butter in an omelet pan, and pour in Creamy Omelet mixture to which has been added  $\frac{1}{4}$  c. chopped green peppers. Cook as directed for Creamy Omelet.

### CREAMED EGGS

4 Hard Cooked Eggs  
 $1\frac{1}{2}$  c. Medium White Sauce  
Toast

Chop the eggs and add them to the sauce, or add only the whites and reserve the yolks for garnish. Reheat the sauce but do not boil it after the eggs are added. Serve on toast. If reserved for the purpose, press the yolks through a sieve and sprinkle them on top. If desired garnish with parsley. Serve hot.

### EGG IN A NEST

Separate the yolk and white of an egg, add a few grains of salt to the white, and beat until stiff. Place it in a saucer, or pile lightly on a piece of toast. Make a depression in the top, slip the unbroken yolk into it and bake in a moderate oven until the white is firm on top. Sprinkle with salt and pepper and serve at once. Garnish with parsley.

### STUFFED EGGS

Follow the directions for Hard Cooked Eggs. Drop them in cold water. Remove the shells and cut the eggs into halves lengthwise. Take out the yolks, mash them and mix with Cooked Salad Dressing or season with melted butter, vinegar, sugar, salt, mustard, and cayenne. Refill the whites with this mixture and serve cold.

### BAKED EGGS

Break each egg into an oiled cup. Add a few small pieces of cooked bacon if desired. Sprinkle with salt and pepper. Put the cups into a pan of hot water in a moderate oven. Cook until the whites of the eggs are firm. Serve in the cups garnished with parsley or water cress.

# Meat

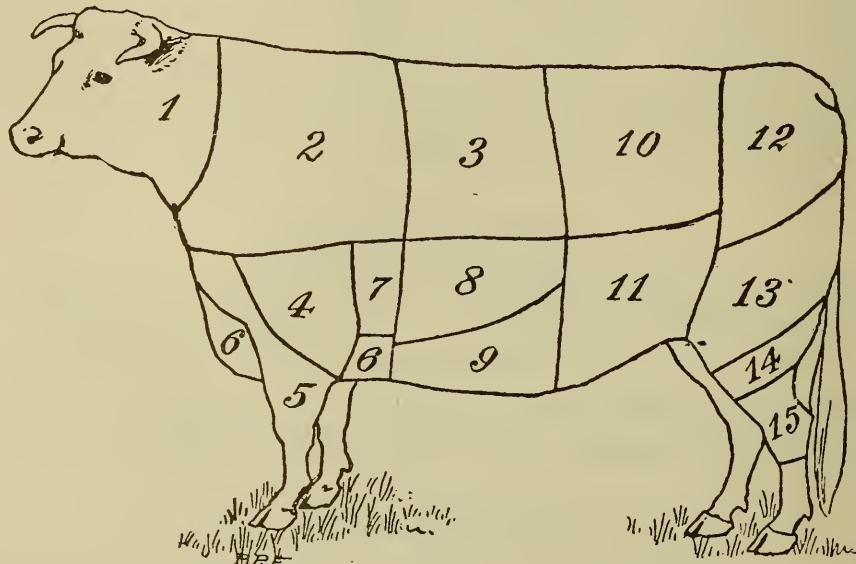
## CARE OF MEAT

When meat comes from the market it should be taken out of the paper and put in a dish in a cold place. Before cooking, the meat should be wiped with a clean cloth, wrung out of cold water, or scraped lightly with a knife to remove any particles that may have adhered to the surface.

## BEEF

Beef is the most generally used of all meats, being in season throughout the year. Good beef is firm and elastic to the touch and is well mottled and coated with fat. The flesh is purplish red when first cut and the fat is a light straw color. Good meat has no disagreeable odor.

## BEEF CHART\*



## CUTS OF BEEF.

1. Neck	9. Navel
2. Chuck	10. Loin
3. Ribs	11. Flank
4. Shoulder clod	12. Rump
5. Fore shank	13. Round
6. Brisket	14. Second cut round
7. Cross ribs	15. Hind shank
8. Plate	

\*The above and following charts are from Bulletin No. 28, U. S. Dept of Agriculture.

### BROILED STEAK

Have the broiling oven hot. Wipe and trim a tender steak and place it in an oiled broiler. Sear the meat on one side and then on the other. For a steak an inch thick, cook 4 to 8 minutes, turning often. Place on a platter. Sprinkle with salt and pepper, spread with butter, and serve. For cooking tough steaks, see the recipe for Smothered Steak.

### PAN-BROILED STEAK OR CHOPS

Place the steak or chops on a very hot frying pan, with little or no fat, and proceed as for Broiled Steak.

### BROILED BEEF CAKES

1 lb. round steak  
Few grains pepper  
Few grains salt

Chop or grind the steak and season it, adding a little minced onion, if desired. Shape into small cakes, handling lightly. Broil on an oiled broiler or a frying pan. A cup of moistened bread crumbs and a little chopped parsley may be mixed with the beef before shaping into cakes. If desired, the cakes may be spread with butter or Lemon Butter.

### LEMON BUTTER

1 tb. butter	$\frac{1}{2}$ tb. lemon juice
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ tb. minced parsley
	Few grains pepper

Mix well and serve on hot broiled steak, chops, or fish.

### SMOTHERED STEAK

Round or chuck steak	Beef or pork drippings
Flour	Salt
	Pepper

This is a method of cooking steak that is somewhat too tough for broiling. Wipe and trim the meat and cut it into pieces suitable for serving. Lay it on a thickly floured board and dredge with flour. Pound the entire surface on both sides, using the edge of a porcelain plate or a mallet. Keep the meat sufficiently coated with flour so that the surface is dry. Sprinkle with salt and pepper. Have ready a hot frying pan and sear the meat quickly on each side in a little fat. When it is well browned, reduce to a very low tem-

perature and drain off the superfluous fat. Add a few spoonfuls of water and cover the pan as closely as possible. Cook until tender over a very low flame or in a slow oven. A spoonful of water may be needed from time to time, to keep the meat from getting dry.

### BEEF OR VEAL ROLLS

Use round or chuck steak, or veal steak about one-half inch thick. Wipe and trim the meat and lay it on a thickly floured board and dredge with flour. Pound the entire surface on both sides, using the edge of a porcelain plate or a mallet. Keep the meat sufficiently coated with flour so that the surface is dry. Sprinkle with salt and pepper. Cut into pieces about 4 inches square. After placing a heaping tablespoonful of Dressing on each piece, roll and tie it. Sear the rolls in a little hot fat and, when well browned, reduce to a very low temperature. Drain off the superfluous fat and add a few spoonfuls of hot water. Cover the pan as closely as possible and cook until tender over a very low flame or in a slow oven. A spoonful of water may be needed from time to time to keep the meat from getting dry. Enough thin Tomato Sauce to cover the meat may be used instead of water, and served with the meat as gravy.

### ROAST BEEF

Cuts from the loin and ribs make the best roasts. Wipe and trim the meat, and dredge it with flour, salt, and pepper. Place it in a roasting pan and cook until seared, in a very hot oven. Reduce the heat and continue cooking, allowing about 15 minutes to the pound. If roasted in an uncovered pan, the meat may need to be basted occasionally. Potatoes may be cooked and served with the roast as directed in the recipe for Potatoes Roasted with Meat.

### GRAVY

4 tb. flour	2 c. broth, milk, or water
4 tb. fat or less	Salt and pepper to taste

Combine as directed for the first or third method given for making White Sauce. If a brown gravy is desired, the flour may be browned with or without the fat before adding the liquid. Gravy from roasts or stews should be made in the pan in which the meat was cooked. It is often desirable to remove some of the fat and rarely necessary to add any.

### POT ROAST

Pieces from the round, chuck or rump of beef are suitable for pot-roasting. Wipe the meat with a cloth wrung out of cold water. Dredge with flour and brown on all sides in a small amount of fat in an aluminum or iron pan. Surround with boiling water, cover closely and boil 5 minutes. Reduce the temperature and cook below the boiling point until tender. If desired, diced onions, carrots, turnips, celery, a few cloves, and a bit of bay leaf may be cooked with the meat. When tender, season the meat and cook it 15 minutes longer. Remove the meat and make gravy from the broth.

### BEEF STEW

2 lbs. beef or less	6 medium potatoes
1 onion, sliced	2 t. salt
$\frac{1}{2}$ c. carrot and turnip, diced	Few grains pepper
	Hot water to cover

Wipe the meat, remove the bone and cut the meat into cubes. Dredge with flour and brown in a frying pan with the onion, using a small quantity of the fat. Turn the meat to sear it on all sides. Put it into a kettle or double boiler, add the bone and fat, and cover with hot water, rinsing the frying pan with some of the water. Cook below the boiling point until tender (2 or 3 hours), adding carrot and turnip 1 hour and potatoes 35 minutes before serving. Season when tender. Remove bones and large pieces of fat. Dumplings may be added to the stew 10 minutes before serving. The gravy may be thickened with a little flour blended with cold water.

### DUMPLINGS

2 c. flour	4 t. baking powder
$\frac{1}{2}$ t. salt	About 1 scant c. milk

Mix and sift the dry ingredients and add the milk slowly, mixing with a knife until a soft dough is formed. Drop into boiling stew by spoonfuls, dipping the spoon into the stew each time before taking up the dough. Let the dumplings rest on the meat and potato. Cover closely and cook 10 to 12 minutes without uncovering.

### CORNED BEEF STEW

2 lb. corned beef or less	1 or 2 onions
1 small cabbage	6 medium potatoes
4 medium-sized turnips	Salt, if needed
3 carrots	Pepper

Wipe the meat, cover it with cold water, heat slowly to the boiling point, and simmer 3 hours. After the first few minutes of cook-

ing remove the scum. When the meat is tender take it out of the broth. Cut the vegetables in uniform pieces, and boil them in the broth, reserving the potatoes until the other vegetables have cooked half an hour. Season and serve.

### CHILI CON CARNE

1 lb. beef or less	2 c. tomatoes
$\frac{1}{4}$ c. flour	1 small onion, sliced
1 to 2 c. dried kidney beans	Cayenne
	About $1\frac{1}{2}$ t. salt.

Pick over and wash the beans, soak them in cold water several hours, and cook with the onion until tender. Grind the beef, mix it with the flour and brown it in a little hot fat. Add the beans with their liquid and the other ingredients. Continue cooking until the liquid is reduced to the desired amount and consistency, thickening with a little more flour if necessary. This is a modification of a Mexican recipe which calls for Mexican beans, garlic, and chili peppers, and is very highly seasoned.

### BEEF LOAF

2 lb. beef or less	1 to 3 eggs
$\frac{1}{4}$ lb. salt pork, if desired	2 t. salt
5 to 10 slices stale bread	Few grains cayenne
2 c. cooked rice, or Mashed Potato, if at hand	Few drops onion juice
	$\frac{1}{2}$ t. sage, if desired

Wipe, trim, and grind the meat. Wet the bread in milk, stock, or water and press out the excess moisture. Mix all of the ingredients, using more salt if the pork is omitted. Add a little more liquid to moisten, if needed. Shape into a loaf and bake about an hour on a shallow oiled pan.

### MEAT PIE

Cut remnants of left-over cooked meat into inch cubes, or grind it. Thicken the gravy with flour and season with salt and pepper. Place meat and gravy in an oiled baking dish. Cooked vegetables may be added if desired. Have the mixture hot and cover with Baking Powder Biscuit dough, Pie Crust, or Mashed Potatoes. Bake in a hot oven.

## BAKED HASH

1½ c. chopped cooked meat	Salt and pepper to taste
2 c. chopped cooked potato or cooked rice	Hot water or stock to moisten 1 tb. minced parsley, if desired
1 t. chopped onion	Buttered crumbs

Mix all the ingredients but the crumbs, and place the mixture in an oiled baking dish. cover with buttered crumbs and bake until the crumbs are brown.

## CREAMED DRIED BEEF

½ lb. dried beef	
2 c. or more Medium White Sauce	

The beef should be cut in very thin slices. Tear it into small pieces. If very salty rinse it in warm water. If desired, the beef may be browned slightly in a little hot fat. When this is done it is possible to use a larger amount of sauce, which should be made in the pan with the meat after it has been browned. If desired, a beaten egg may be added to the mixture just before removing it from the fire.

## SCALLOPED MEAT

2 c. chopped cooked meat	1 c. gravy or broth
1 or 2 c. soft stale bread crumbs or cooked rice	1 tb. minced parsley, if desired Few drops onion juice

Mix the meat, crumbs or rice, gravy, and seasoning, adding salt and pepper if needed. Bake in an oiled dish until heated through and browned on top.

## MEAT SOUFFLE

1½ c. milk	1 c. soft stale bread crumbs
2 tb. flour	1 c. chopped cooked meat
1 tb. fat or less	2 egg yolks, beaten
¾ t. salt	1 tb. finely chopped parsley
Few grains pepper	2 egg whites, beaten stiff

Make a sauce of the first five ingredients, add the crumbs and meat, beaten yolks and parsley. Fold in the beaten whites. and bake in an oiled baking dish in a moderate oven about 30 minutes. Serve at once.

## MINCED MEAT ON TOAST

Chop left-over meat and heat in a well-seasoned gravy or White Sauce. Pour over small slices of hot crisp toast.

## BEEF CROQUETTES

$1\frac{1}{2}$ c. cooked beef	Salt
$1\frac{1}{2}$ c. Mashed Potato or	Pepper or cayenne
1 c. Thick White Sauce and 1 to $1\frac{1}{2}$ c. soft stale bread crumbs, if desired	Few drops onion juice Few drops lemon juice, if desired

Chop the meat and season to taste. Add Mashed Potato or Thick White Sauce and the bread crumbs, if used. When cold, shape into cylinders, cones, or balls. Roll them in Fat-proof Coating, fry in deep fat, and drain the croquettes on unglazed paper. Instead of being fried the croquettes may be rolled in dry, sifted, buttered crumbs and browned in the oven.

## MEAT AND MUSH CROQUETTES

Chopped cooked meat	Onion juice, if desired
Cornmeal mush	Salt and pepper

Use about equal measures of mush and meat. Combine them, and season as desired. Drop by spoonfuls into hot fat and fry the croquettes, or sauté them on a hot oiled pan.

## FAT-PROOF COATING

Roll the food to be fried in fine, dry, sifted bread crumbs, and dip it into a mixture consisting of one egg beaten with 2 tb. water. Roll in crumbs.

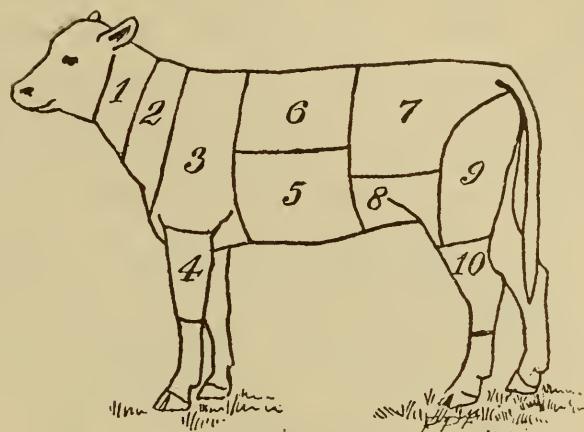
## TO TRY OUT FAT

To extract fat from fatty animal tissue, cut it into small pieces and heat in a double boiler until the tissue has shriveled. Pour off the fat and reserve it for use in cooking. The remaining tissue still contains some fat and should be used.

## TO CLARIFY FAT

Particles of food and objectionable flavors may be removed from fat in the following manner. Melt the fat and add several thick slices of raw potato. Heat gradually and cook until the bubbling ceases and the potatoes are brown. Cool, strain through a cloth, and allow the fat to harden.

## VEAL CHART



## CUTS OF VEAL

1. Neck	6. Ribs
2. Chuck	7. Loin
3. Shoulder	8. Flank
4. Fore shank	9. Leg
5. Breast	10. Hind shank

## VEAL

Veal is the meat of calves killed when six to eight weeks old. It is on the market throughout the year but is best in the spring. The flesh of good veal is pinkish in color and the fat is white. Veal requires thorough cooking.

## VEAL LOAF

Make according to the directions for Beef Loaf, substituting veal for beef. If desired, season with nutmeg instead of onion.

## VEAL CROQUETTES

Follow the directions for Beef Croquettes. Thick White Sauce is generally used in veal croquettes.

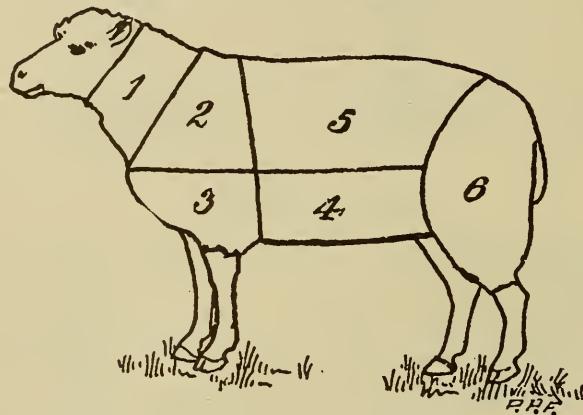
## VEAL CUTLETS

Wipe the meat and cut it into pieces suitable for serving. Sprinkle with salt and pepper. Cover with Fat-Proof Coating, and sauté until well browned on each side. Drain off most of the fat, add a few spoonfuls of hot water, cover closely and continue cooking over a low fire until thoroughly cooked and tender. Veal chops may be cooked in the same way.

## MUTTON

Mutton is the flesh of sheep killed when three years old. It should hang some time to ripen before being used. The flesh should be firm, fine-grained and pink, and the fat hard and flaky. Lamb is used from six weeks to a year old and may be eaten soon after being killed. The flesh is lighter red than that of mutton and the end of the leg bone is rough at the joint.

## MUTTON CHART



## CUTS OF MUTTON

1. Neck	4. Flank
2. Chuck	5. Loin
3. Shoulder	6. Leg

## ROAST LAMB OR MUTTON

The leg of lamb or mutton is the best part for roasting. Wipe the surface with a cloth wrung out of cold water. Dredge the meat with flour, salt, and pepper, place it in a roasting pan and cook until browned in a very hot oven. Turn the meat over and cook in a slow oven, allowing 25 minutes to the pound. Baste occasionally if the pan is uncovered. Gravy may be made in the pan after the roast is taken out. Remove the fat and pour 1 or 2 cups of hot water into the pan. Thicken with 2 to 4 tb. flour blended with a little cold water. Add salt and pepper if needed. Serve the roast with or without Mint Sauce.

## MINT SAUCE

$\frac{1}{2}$ c. mint leaves	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. vinegar	Few grains salt

Wash the mint and chop it very fine or pound it in a mortar. Heat the vinegar, but do not boil it. Dissolve the sugar and salt in the hot vinegar and add the mint.

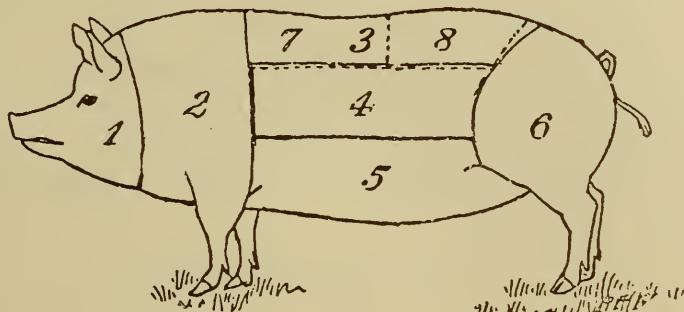
### STEWED LAMB OR MUTTON WITH RICE

The neck or shoulder may be used. Wipe the meat with a cloth wrung out of cold water. Place it in a kettle, cover with boiling water and boil 10 minutes. If desired, the meat may be rubbed with flour and browned on all sides in a little hot fat before adding the water. Reduce the heat and cook below the boiling point until tender. This will take  $1\frac{1}{2}$  to 3 hours. When nearly tender, add the seasonings and, if desired, rice which has been boiled until partly done. When tender, remove the meat to a platter. Strain out the rice and serve with the meat or in a separate dish. Gravy may be made from the broth.

### PORK

Pork is the meat of the hog. The flesh is light red and the fat white. Pork is more liable to disease than any other kind of meat and should be thoroughly cooked on this account. It should be used sparingly.

#### PORK CHART



#### CUTS OF PORK

1. Head	5. Belly
2. Shoulder	6. Ham
3. Back	7. Ribs
4. Middle cut	8. Loin

#### ROAST PORK

The loin and ham are suitable for roasting. Wipe and trim the meat, dredge with flour, salt and pepper and place it on a rack in a roasting pan. Cook until well seared in a very hot oven. Reduce the temperature and cook until the meat is thoroughly tender. This usually requires several hours. A little water may be kept in the bottom of the pan during roasting. Unless a covered pan is used, the meat should be basted occasionally.

## BACON

Have the bacon sliced very thin. Remove the rind from the slices and place them in a fine wire broiler. Lay the broiler over a dripping pan and place in a hot oven; or cook until dry and crisp in a hot frying pan, draining off the fat as it cooks out. Drain on unglazed paper. Use the fat from the bacon for sautéing liver, eggs, or potatoes.

## LIVER AND BACON

Pour boiling water over the liver and let it stand 5 minutes. Drain it and remove the thin outer membrane and the tough veins. Cut it into pieces suitable for serving. Sprinkle it with salt and pepper and roll it in flour. Cook in hot bacon fat in a frying pan. Serve with bacon.

## SCRAPPLE

$\frac{1}{2}$ lb., or less, pork with bone	1 c. cornmeal
Water	Salt and pepper

Cover the meat with water and cook it until tender. Remove the bone and cut the meat into small pieces. Measure the stock and add water or boil down to make about 4 cups. Pour the meal slowly into the boiling stock, stirring constantly to prevent lumping. Cook directly over the fire until thick and then place over a low flame or boiling water. Continue cooking 2 to 3 hours. Add the meat and seasoning. Pack in a mold. When cold cut into slices and brown in hot fat.

# Chicken

## TO DRESS AND CLEAN A CHICKEN

Immediately after the chicken is killed the feathers should be removed. Take out the pin-feathers and singe off the hairs. If desirable to remove the tendons from the legs, it should be done before the feet are cut off. To do this, bend back the joint at the lower end of the drumstick, make an incision in the skin below the joint and insert a skewer under the tendons, one at a time, drawing them out. Cut off the head and feet. Scrub with warm water in which a little borax has been dissolved. Rinse in several waters. With a sharp knife or small scissors, cut the skin around the vent, and from this cut the skin to the end of the breastbone. Make another incision at the front of the neck. Draw away the skin in

front and loosen the windpipe, gullet, and crop. Just above the vent, insert the hand and gradually work the entrails loose from the inside. Take hold of the gizzard and draw out the entrails. In so doing, care must be taken not to break the gall-bladder. Be sure that the lungs and kidneys are removed. The gizzard, liver, and heart constitute the giblets. These should be cleaned and used. Cut the gizzard through the thick part just to the inner lining, and peel back from the small sack inside. Remove the gall-bladder and a little surrounding tissue from the liver. Press the blood from the heart. Wash the giblets and stew them. They may be served whole, or chopped and used in Gravy or Dressing.

### ROAST CHICKEN

Select a plump young fowl. Dress and clean it as directed. Stuff with Dressing seasoned with sage if desired. Sew the skin where it has been cut, with white cord, and tie the wings and legs close to the body. Rub with salt, and if desired, spread with butter and flour creamed together. Place on the rack in a dripping pan and brown in a hot oven. Reduce the temperature, pour a little water into the pan, turn the chicken over and continue to cook until the breast meat is tender, basting occasionally with the liquor in the pan. If covered after browning, the chicken will require much less basting. Make gravy, adding chopped cooked giblets, if desired.

### STEWED CHICKEN

An older fowl, unsuitable for roasting or frying, may be made tender by stewing. Dress and clean the chicken as directed and cut it up as follows: Separate the legs and wings from the body and disjoint the legs. Separate the breast from the back by cutting through the ribs at the joint and disjointing the collar-bone, and cut off the neck as close to the back as possible. Cook in boiling water one minute, then simmer until tender, adding the salt and pepper when nearly done. The pieces may be rolled in flour and browned on all sides in a little hot fat before or after stewing. If desired, Dumplings may be cooked in the broth. After they are done make gravy from the broth.

### CHICKEN CROQUETTES

Follow the directions given for Beef Croquettes. Thick White Sauce is generally used in chicken croquettes.

## CHICKEN OR VEAL PATTIES

Cut cooked chicken or veal into small pieces and heat in an equal quantity of Medium White Sauce or gravy. Fill Patty Shells.

## FRIED CHICKEN

Young tender chickens may be cooked in the following manner and are usually spoken of as being fried, although the process is really sautéing. Dress and clean a chicken as directed. It may be disjointed as for Stewed Chicken or divided into halves or quarters. Roll the pieces in flour or Fat-proof Coating, and brown them on all sides in a little fat in an iron or aluminum pan. When they are well browned, reduce the temperature and drain off the superfluous fat. Sprinkle with salt and pepper, add a few spoonfuls of water and cover the pan as closely as possible. Cook over a very low flame about one hour, or until tender. A spoonful of water may be needed from time to time to keep the chicken from getting dry. Gravy may be made in the pan after the chicken has been removed.

# Fish

## SELECTION OF FISH

When fish is fresh the eyes are full and bright, the flesh is firm and the gills are red.

## BAKED FISH

Remove the scales carefully. Clean, wipe, and dry the fish. Rub all over with salt. If desired, the bones may be removed, the fish stuffed with Dressing and sewed up. If a fish sheet is not at hand, put two strips of cotton cloth in the pan to help remove the fish when baked. Lay the fish on its side in the pan or skewer into the shape of a letter S. If the fish is very dry, cut gashes on top and lay strips of bacon or salt pork in them and around the pan. Sprinkle the fish with salt and pepper and dredge with flour. When the flour begins to brown, baste with the fat in the pan and boiling water. The fish is done when the flesh separates easily from the bone. Bake about one hour. Lift carefully to a hot platter, draw out the skewers and strings and serve with Drawn Butter or Egg Sauce if desired.

## DRESSING

1 c. stale bread crumbs	Few drops onion juice
1 tb. melted butter or other fat	1 tb. minced parsley
$\frac{1}{2}$ t. salt	Water to moisten Few grains pepper

Mix the ingredients in the order given, using enough water to moisten slightly.

## DRAWN BUTTER

2 c. water or stock	4 tb. flour
6 tb. butter	$\frac{1}{2}$ t. salt
Few grains pepper	

Make according to the directions for White Sauce, using the first method of combining. Reserve 2 tb. of the butter until after the sauce is thickened, and then stir it in.

## FRIED FISH

Clean and dry the fish and, if desired, bone it. Rub with salt and pepper. Cut into pieces suitable for serving. Roll in Fat-proof Coating, cornmeal, or flour, and fry in deep fat or sauté. Drain and serve.

## FISH CHOWDER

$\frac{1}{2}$ to 1 lb. salt cod or fresh fish	Water
6 medium-sized potatoes	4 c. milk
$\frac{1}{8}$ lb. fat salt pork	Salt, if needed
1 onion, minced	Pepper $\frac{1}{4}$ lb. soda crackers

If salt fish is to be used, cut it in pieces, removing the bones. Soak it in warm water until soft, and drain before using. Fresh fish should have the bones removed and be cut into 2-inch pieces. The bones and head of the fish may be boiled, and the stock used in the chowder. Wash the potatoes and boil them 10 minutes. Peel and dice them. Cut the pork into small pieces and cook with the onion until light brown. Cool slightly, add the potatoes and fish, and enough water or fish stock to cover them. Cook until the potatoes are done, add the milk, heat to the boiling point, add seasoning and crackers, and serve at once.

## CREAMED FISH

2 c. cooked fish
2 c. Medium White Sauce

Remove the skin and bones, flake the fish with a fork and heat it in the sauce.

## SCALLOPED FISH

2 c. cooked fish	Paprika
1½ c. Medium White Sauce	½ c. buttered crumbs or
1 t. chopped onion	2 c. Mashed Potato

Remove the skin and bones and flake the fish with a fork. Add the fish to the sauce and seasoning, and mix lightly. Put into an oiled baking dish, cover with crumbs or Mashed Potato, and bake until brown.

## FISH HASH

1½ c. salt cod or other fish	Salt to taste
2 c. cooked potatoes, chopped, or 2 c. cooked rice	Pepper
1 c. tomatoes, if desired, with rice	Few drops onion juice, if desired
	Water to moisten, if needed

If salt cod is to be used, pick it into small pieces and soak until soft in lukewarm water, bring to the boiling point, and drain. Left-over cooked fish of any sort may be used. Remove the skin and bones and break the fish into small pieces. Mix the fish with the other ingredients. A few bits of cooked bacon may be added. Brown in an oiled pan; or put the hash into an oiled baking dish, cover with buttered crumbs, and bake until the crumbs are browned.

## SALMON LOAF

1 lb. salmon or less	2 beaten eggs or less
1 or 2 c. soft stale bread crumbs	Few drops lemon juice
1 c. Mashed Potato, or cooked rice	1 tb. minced parsley
	Salt
	Cayenne
	Milk or water to moisten

Remove bones and skin from the fish and mince it with a fork. Add crumbs, potato, eggs, seasoning, and enough milk or water to moisten. Place the mixture in an oiled mold and steam 1 hour; or shape it into a loaf and bake in a moderate oven. Serve with Salmon Sauce, Tomato Sauce, or White Sauce.

## SALMON SAUCE

Add strained liquor from salmon to Medium White Sauce.

## SALMON CROQUETTES

Follow the directions given for making Beef Croquettes, substituting salmon for the beef.

## CREAMED CODFISH

1½ c. salt codfish  
2 c. Medium White Sauce

Pick the codfish into small pieces and soak, until soft, in luke-warm water. Drain and add to the sauce. The beaten yolk of an egg may be added just before serving, if desired. Serve on or with hot buttered toast.

## CODFISH BALLS

1 c. salt codfish	1 egg or none
2 c. potatoes, mashed	Salt, if needed
Few grains pepper	

Pick the fish into small pieces and soak it in lukewarm water to soften it and remove some of the salt. Drain well and add the other ingredients. Shape into balls, fry, and drain them on unglazed paper; or shape into cakes and sauté them.

## TO CLEAN OYSTERS

Drain off the liquor, straining it through a wire sieve if it is to be used. Examine the oysters with the fingers to see that no bits of shell are left clinging to them.

## OYSTER SOUP

1 pt. oysters	
4 c. Thin White Sauce	
Other seasonings, if desired	

Clean the oysters, add to the hot White Sauce, and heat without boiling until the oysters are plump. Serve immediately.

## PANNED OYSTERS

1 pt. oysters	Salt
2 tb. butter or more	Few grains cayenne

Clean the oysters. Melt the butter in a saucepan or chafing-dish. add the seasoning and the oysters. Heat the oysters until plump and the edges begin to curl. Serve on toast or wafers.

## SCALLOPED OYSTERS

1 pt. oysters	1½ t. salt
2 to 4 tb. melted fat	Few grains pepper
3 c. bread or cracker crumbs	Oyster liquor, milk or water, to moisten

Follow the directions for cleaning oysters. Mix the crumbs with the salt, pepper, and fat. Spread one-third of them in an oiled

baking dish, put in one-half of the oysters, another layer of crumbs, and the rest of the oysters, covering the top with the remaining crumbs. Add liquid to moisten. Bake until the oysters are plump and the edges begin to curl.

### CREAMED OYSTERS

1 pt. oysters	$1\frac{1}{2}$ c. milk
3 tb. or less butter	Salt
4 tb. flour	Pepper

Make a White Sauce of the butter, flour and milk, and season with celery salt, if desired. Clean the oysters and put them into a saucepan with the strained liquor. Cook them until they are plump and the edges begin to curl. Add the oysters to the hot sauce, but do not boil them. Season to taste with pepper and salt. Serve on toast or in Patty shells.

### OYSTER PATTIES

Fill Patty Shells with hot Creamed Oysters.

### FRIED OYSTERS

Large oysters are best for frying. Clean them as directed To Clean Oysters. Dry them between the folds of a clean cloth. Sprinkle with salt and pepper, dip in Fat-proof Coating and fry or sauté.

## Soups

---

Soups are divided in a general way into two classes. Those having a foundation of meat broth are called stock soups, and those made with milk or cream are called cream soups. Some, however, are a combination of the two, while other very acceptable soups contain neither stock nor milk. Soups can be made in an unlimited number of combinations and they make it possible to utilize some materials which would otherwise be wasted. The coarse, tough parts of vegetables, the water in which vegetables, cereals, or meat have been cooked, as well as left-over materials may be used to advantage.

## SOUP STOCK

2 lb. or less bone and meat	1 onion, minced
2 qt. cold water or liquor from cooked vegetables	$\frac{1}{4}$ bay leaf 3 cloves, if desired
$\frac{1}{3}$ c. diced carrots	1 sprig parsley
$\frac{1}{3}$ c. diced turnips	2 t. salt
$\frac{1}{3}$ c. diced celery	Few grains pepper

Vegetable stock can be made without the meat and bone. If fresh meat and bone are to be used, have the bone split. Wipe the meat, cut into small pieces and brown it slightly with the onion in a little fat. If left-over bones and bits of meat from stews, roasts, or steaks are to be used, the flavor may be improved by browning them in the oven. Add the water, heat slowly, and cook just below the boiling point 3 or 4 hours in a covered kettle. One hour before removing the stock from the fire add the seasonings, and if the vegetables are to be strained out, add them also. Strain the stock and cool it, allowing the fat to solidify. Remove the fat. Use the stock for making different kinds of soups. If the vegetables have not been added they may be cooked in the stock when the soup is made. Meat from which stock has been made should be saved and may be used in various ways, if well seasoned.

## VEGETABLE SOUP

Make Soup Stock, removing the bone and fat before adding the vegetables. Additional vegetables, such as tomatoes, peas, green beans, asparagus, cabbage and corn; also rice, barley, tapioca, macaroni, or noodles may be used in the soup. Add more water and seasoning, if needed.

## NOODLES

1 egg  
Flour

Beat the egg slightly and add enough flour to make a very stiff dough. Knead on a slightly floured board and roll the dough out into a sheet about as thin as paper. Cover with a clean cloth and allow it to stand for 20 minutes. Roll it and cut in very thin slices. Unroll these small pieces and spread them to dry. When thoroughly dry, they may be packed in glass jars. When ready for use, cook 20 minutes in boiling salted water, or stock. Serve in soup or with meat.

## TOMATO SOUP

2 c. stewed and strained tomatoes	1 qt. Soup Stock
1 t. sugar	Salt
	Pepper

Add the tomatoes to the boiling stock. Add more water if needed, and season.

## BOUILLON

1 qt. Soup Stock
White of 1 egg

Stock made from fresh meat and bone should be used. Beat the white of egg slightly and add it to the stock from which the fat has been removed. Heat to the boiling point, stirring constantly. Boil 2 minutes without stirring, then simmer for 10 minutes. Strain through a sieve, then through a cheese cloth. Reheat and serve.

## CREAM OF TOMATO SOUP

2 c. tomatoes	2 c. milk
1 t. sugar	2 tb. flour
$\frac{1}{8}$ t. soda	2 tb. butter or less
1 t. salt	Few grains pepper
	$\frac{1}{2}$ t. minced onion

Cook the tomato with the onion, sugar, and salt, 5 minutes. Add soda and when the bubbling ceases, strain into a White Sauce made from the other ingredients. Serve immediately.

## CROUTONS

Cut stale bread into slices and remove the crusts. Cut the slices into cubes, put into a pan and bake until delicately brown, lifting and turning them occasionally. Serve with soups.

## CREAM OF CORN SOUP

2 c. cooked corn	2 tb. butter, or less
2 c. water	2 tb. flour
2 c. milk	1 t. salt
1 slice onion, if desired	Few grains pepper

Add the water and the onion to the corn, and simmer 10 minutes. Rub through a sieve if a smooth soup is desired. Make a White Sauce of the other ingredients and add the corn. Reheat and serve. This soup may be flavored with bay leaf, if desired.

**CREAM OF BEAN SOUP**

Follow the directions for Cream of Corn Soup, substituting beans for corn.

**CREAM OF PEA SOUP**

Make as directed for Cream of Corn Soup, substituting peas for corn and using less water and more milk if desired.

**CREAM OF CELERY SOUP**

Make as directed for Cream of Corn Soup, substituting 2 c. of chopped celery for the corn. Cook the celery until tender before adding it to the White Sauce.

**CREAM OF POTATO SOUP**

3 medium potatoes	2 tb. flour
2 slices onion	1½ t. salt
3 c. milk	¼ t. celery salt
3 tb. butter or less	Few grains pepper

Wash the potatoes and pare them. Cook with the onion in boiling salted water until soft and allow the liquor to cook down. Rub through a sieve and add to a White Sauce made from the remaining ingredients. Serve garnished with finely chopped parsley if desired.

**DRIED BEAN SOUP**

1 c. dried beans	Small piece salt pork or ham bone, if desired
Water	
1-16 t. soda	2 tb. flour
1 small onion	Salt, if needed
Few celery leaves	Pepper

Pick over and wash the beans, and soak them several hours in cold water. Drain, add 2 quarts of water, the soda, onion, celery, and pork. Simmer until the beans are soft. Strain the soup and bind it with the flour blended with a little cold water or with fat. Add water or milk to make the soup of the desired consistency. Season and serve.

**DRIED PEA SOUP**

Follow the directions for Dried Bean Soup, substituting peas for beans.

## Salads

Select fresh crisp vegetables and fruits for salads. They should be thoroughly washed before using. Lettuce may be dried between the folds of a clean cloth. To keep salad plants, sprinkle with water, cover closely and keep in a cold place. To freshen them, let them stand an hour in a bowl of cold water.

Salads should be combined just before serving and all the ingredients should be cold. Meat, fish, eggs, vegetables, and fruits are used in many combinations to make salads.

To marinate a salad, cut the materials into cubes and mix lightly with French Dressing or Cooked Salad Dressing thinned with cream. Chill for one hour, drain, and arrange in a salad.

### COOKED SALAD DRESSING No. 1

3 tb. butter or less	1 t. mustard
4 tb. flour	3 tb. sugar
1 c. milk	Few grains cayenne
1½ t. salt	About $\frac{1}{2}$ c. vinegar
Yolks of 2 eggs, or 1 whole egg	

Make a White Sauce of the butter, flour, and milk. Mix the remaining dry ingredients. When smooth, rub into the slightly beaten egg and add half of the vinegar. Have the first mixture over water just below the boiling point and add the second mixture to it gradually, stirring all the time and adding as much more vinegar as needed. Use cold. If too thick, thin with cream or the stiffly beaten white of an egg just before using.

### COOKED SALAD DRESSING No. II

2 egg yolks	$\frac{1}{4}$ t. salt
4 tb. sugar	Few grains pepper
1 t. mustard	1 c. mild vinegar
1 t. cornstarch.	2 egg whites

Mix the dry ingredients with the yolks. Add the vinegar and cook until thick, stirring constantly. Beat the egg whites and fold into the mixture. Cook 2 minutes over a low flame, stirring all the time.

## WHIPPED CREAM SALAD DRESSING

1 c. whipped cream  
 $\frac{1}{4}$  c. sugar  
 1 tb. vinegar or lemon juice

Add the sugar and vinegar or lemon juice to the stiffly beaten cream and serve with Fruit Salad.

## MAYONNAISE

$\frac{1}{2}$ t. mustard	Yolk of 1 egg
$\frac{1}{2}$ t. salt	2 tb. lemon juice or vinegar
Few grains cayenne	$\frac{1}{2}$ to $\frac{3}{4}$ c. olive oil

This may be made in a soup plate and beaten with a silver fork. A larger amount may be made in a bowl and beaten with a Dover egg beater. Keep the ingredients cold during the process. Mix the mustard, salt, and cayenne. Beat the yolk and add a few drops of oil at a time. Beat steadily until thick, then alternate oil with a few drops of lemon juice, until both are used, adding the seasoning part at a time. The amount of oil is determined by the size of the yolk. The dressing should be quite thick when finished and should be kept in a cold place and served cold.

## QUICK MAYONNAISE

1 egg	2 tb. lemon juice or vinegar
$\frac{1}{2}$ t. salt	1 c. salad oil
1 t. sugar	Few grains cayenne

Have the materials and utensils very cold. Put the unbeaten egg, one-half of the lemon juice, and seasoning, into a bowl with one-fourth of the oil. Beat with a few turns of a Dover egg beater. Add the remaining oil, one-fourth at a time, beating as before. Add the remaining lemon juice.

## FRENCH DRESSING

3 tb. olive oil	$\frac{1}{4}$ t. salt
1 tb. vinegar	$\frac{1}{8}$ t. pepper
Paprika	

Mix the salt and pepper with the oil and add enough paprika to color the dressing. Add the vinegar and beat until well mixed. Use immediately.

## DRESSED LETTUCE

Wash and pick over the leaves of a head of lettuce. Dry them by placing between the folds of a clean cloth. Arrange in a salad bowl

and serve with French Dressing or any desired dressing. Very firm head lettuce may be soaked in cold water, drained, and cut into quarters instead of being separated.

### COLE SLAW

Remove the outer leaves from a small firm head of cabbage. Cut into fine shreds with a sharp knife or vegetable shredder. Cover with cold water and let stand from 20 to 30 minutes. Drain and dry on a clean cloth. Mix with enough French or Cooked Salad Dressing to moisten, or season with  $\frac{1}{4}$  c. vinegar, 2 tb. sugar,  $\frac{1}{2}$  t. salt and a few grains of pepper. Serve cold. A few chopped stuffed olives or a chopped green pepper may be added if desired.

### POTATO SALAD

2 c. cold Boiled Potatoes	$\frac{1}{2}$ c. diced cucumber if in season
2 Hard Cooked Eggs if desired	1 tb. minced parsley
$\frac{1}{2}$ c. diced celery	if desired
	1 t. or less minced onion

Dice the potatoes and eggs. Combine all of the ingredients, add Cooked Salad Dressing thinned with cream and mix lightly. Arrange on lettuce and garnish with dressing.

### TOMATO SALAD

Wash, scald, chill, and peel the tomatoes. They may be cut in slices or sections, or served whole. If desired whole tomatoes may be scooped out at the stem end and the cavity filled with cream cheese, nut butter, diced celery or cucumber. Serve on lettuce with any desired salad dressing.

### TOMATO JELLY SALAD

2 tb. granulated gelatin	1 t. salt
$\frac{1}{2}$ c. cold water	1 t. sugar
2 $\frac{1}{2}$ c. strained tomato	Few grains cayenne

Soak the gelatin in the cold water. Heat the tomato and add the seasonings. If desired a small piece of bay leaf and a few cloves and celery leaves may be cooked with the tomato for a few minutes and then strained out. Dissolve the soaked gelatin in the hot liquid. Pour into small cups which have been dipped into cold water. Chill and serve on lettuce in place of fresh tomatoes. Use any desired dressing and garnish with celery.

## VEGETABLE JELLY SALAD

2½ tb. granulated gelatin	1 c. chopped celery
½ c. cold water	2 c. chopped cabbage
2 c. hot water or whey	1 or 2 chopped pimentos
½ c. vinegar	or green peppers
3 tb. sugar	½ c. chopped olives,
1 t. salt	if desired
	Few grains cayenne

Soak the gelatin in the cold water and dissolve it in the hot liquid. Cool and add the remaining ingredients. Pour into molds that have been dipped into cold water. Chill and serve on lettuce with Mayonnaise or Cooked Salad Dressing. Garnish as desired with nuts or olives.

## BANANA SALAD

Peel and scrape the bananas. Cut them in pieces or slice them. Arrange on lettuce and add Whipped Cream Salad Dressing or Cooked Salad Dressing. Garnish with nuts.

## FRUIT SALAD

Fruits may be used in any desired combination to make salad. Pineapples, oranges, grapefruit, apples, bananas, cherries, strawberries, peaches and Malaga grapes are frequently used. Cut large fruits in dice or small pieces and grapes in halves, removing the seeds. Nuts, dates and marshmallows cut in pieces may be added to the fruit. Serve on lettuce with any desired dressing. Garnish with Whipped Cream Salad Dressing, or Cooked Salad Dressing and fruit or nuts as desired.

## SANDWICHES

Bread for sandwiches should be of a close texture and at least twenty-four hours old. It should be cut in thin even slices and spread so that the edges match when the slices are laid together. If the butter is hard it should be creamed before using. For dainty sandwiches remove the crust and if desired cut into fancy shapes. Sandwiches may be kept from drying out by wrapping them in oiled paper or a clean cloth wrung out of cold water. All sandwiches containing green vegetables should be put together just before serving.

## SUGGESTIONS FOR SANDWICH FILLING

1. Sliced cold meat.
2. Minced meat with salad dressing or seasoning.
3. Bacon with lettuce and salad dressing.
4. Lettuce with Mayonnaise.
5. Lettuce with sliced cucumbers and salad dressing.
6. Lettuce with Hard Cooked Eggs and salad dressing.
7. Sliced Onions with French Dressing.
8. Thin slices of cheese.
9. Cream cheese with nuts.
10. Cream cheese with pimentos or chopped olives.
11. Chopped nuts with Cooked Salad Dressing.
12. Peanut butter with white or brown bread.
13. Scraped beef, seasoned. (Raw or cooked.)
14. Sliced pineapple.
15. Chopped prunes and figs.

## Flour Mixtures

---

Flour mixtures for baking are called batters if thin enough to be beaten. When stiffer they are called doughs. The proportions are approximately as follows:

- A pour batter requires 1 to  $1\frac{1}{2}$  c. flour to 1 c. liquid.
- A drop batter requires 2 c. flour to 1 c. liquid.
- A soft dough requires about 3 c. flour to 1 c. liquid.
- A stiff dough requires 3 to 4 c. flour to 1 c. liquid.

These mixtures may contain eggs to enrich them; butter or other fat to make them tender; salt, sugar, spice, etc., for flavor; and a leavening agent. By varying the proportion of these ingredients different kinds of bread, cake, and pastry are made.

## OVEN TESTS

To test a heated oven for baking place a piece of white paper on the upper shelf:

- A quick oven browns paper in 2 or 3 minutes.
- A moderate oven browns paper in 5 minutes.
- A slow oven browns paper in 7 minutes.

## LEAVENING AGENTS

Flour mixtures would be hard and heavy when baked unless they contained some leavening agent. Air, steam, and carbon-dioxide are used.

Air is in everything that is baked. There is a large quantity of it in the flour after sifting and more may be incorporated by beating and by the addition of beaten eggs.

Steam is formed from the liquid in mixtures while baking, causing them to puff up. Pop-overs and Cream Puffs depend almost entirely on steam to make them light.

Carbon-dioxide as a leavening agent is formed by baking powder and its substitutes and by yeast.

### Leavening Agents

- I. Air—Obtained by beating or by adding beaten eggs.
- II. Steam—Obtained from liquid.
- III. Carbon-dioxide—Obtained from:
  1. Yeast.
  2. Soda and acid.
    - (a) Soda and sour milk.
    - (b) Soda and molasses.
    - (c) Soda and an acid powder.

### Baking Powder

Baking powder is made of soda and an acid powder mixed with a little cornstarch to keep them dry. When sour milk or molasses is used in baking, the acid in it takes the place of an acid powder. Use one scant teaspoonful of soda to two cups of sour milk or to one cup of molasses.

### Yeast

Yeast is a tiny plant, so small that it cannot be seen by the naked eye. Being a plant, it requires moisture, food, and a warm temperature for its growth. When it is planted in bread dough it grows and multiplies very fast, giving off the gas, carbon-dioxide, which makes the bread light. Yeast grows best at a lukewarm temperature; it is killed by the heat of baking or boiling, and cold retards its growth. Cakes of dry yeast may be kept for some time in a dry cool place. Compressed yeast must be kept with ice as it spoils quickly. When fresh it is an even light color and does not crumble when broken.

## BAKING POWDER

1 lb. cream of tartar  
 $\frac{1}{2}$  lb. cornstarch  
 $\frac{1}{2}$  lb. baking soda

Dry the ingredients separately in a slow oven. Mix and sift six times. Place in air-tight cans and keep in a dry place. If baking powder is to be made at home great care should be taken to have the proportions correct.

## GRIDDLE CAKES

2 c. white or graham flour	$\frac{3}{4}$ t. salt
1 t. soda	2 c. sour milk
or 4 t. baking powder	or 2 c. milk or water
	1 egg or none

If sour milk is to be used soda will be needed. If sweet milk or water is used, substitute baking powder for soda and add 1 tb. melted fat to the batter. Mix and sift the dry ingredients. Place the griddle where it will heat. Add half the milk to the dry ingredients and beat until smooth. Add the rest of the milk, the beaten egg and the fat if used. Oil the griddle and drop the batter by spoonfuls on it. When the cakes are browned on one side and well puffed turn them to brown the other side. Serve immediately with butter and syrup or as desired.

## BREAD GRIDDLE CAKES

$2\frac{1}{2}$ c. stale bread	1 c. white or graham flour
2 c. hot milk or water	2 t. baking powder
$\frac{3}{4}$ t. salt	1 egg or none

Let-over muffins, corn bread, or stale bread of any sort may be used. Break the bread into pieces for convenience in measuring. It need not be made into crumbs. Soak the bread 20 minutes in the hot liquid. Mix the dry ingredients. Place the griddle where it will heat. Add the dry mixture to the soaked bread and add the beaten egg if used. It may be necessary to add a little more liquid. Oil the griddle and drop the batter on it by spoonfuls. When the cakes are brown on one side, turn them to brown the other side. Serve immediately with butter and syrup or as desired.

## QUICK BUCKWHEAT CAKES

2 c. buckwheat flour	1 tb. molasses or sugar
1 t. soda	2 c. sour milk
or 4 t. baking powder	or 2 c. water or milk
	$\frac{3}{4}$ t. salt

When sour milk is used soda is required. If no sour milk is at

hand, sweet milk or water may be substituted, baking powder used in place of soda and 1 tb. melted fat added. Cornmeal or other flour may be substituted for one-fourth of the buckwheat. Mix and sift the dry ingredients. Place the griddle where it will heat. Add the liquid, part at a time, to the dry mixture and beat until smooth. Oil the griddle and drop the batter by spoonfuls on it. When the cakes are brown on one side turn them to brown the other side. Serve immediately with butter and syrup, or as desired.

### BUCKWHEAT CAKES

2 c. buckwheat flour	$\frac{1}{4}$ cake yeast dissolved in
$\frac{3}{4}$ t. salt	$\frac{1}{4}$ c. lukewarm water
1 $\frac{2}{3}$ c. lukewarm water	1 tb. molasses
	$\frac{1}{4}$ t. soda

Buckwheat cake batter made with yeast is usually mixed the evening before if the cakes are to be served for breakfast. Cornmeal or other flour may be substituted for one-fourth of the buckwheat flour. Mix all of the dry ingredients except the soda, add the water, molasses, and dissolved yeast. Beat well, cover and let the batter stand in a warm place to rise until light. Dissolve the soda in 1 tb. water, and add it to the batter. Bake on a hot oiled griddle and serve immediately with butter and syrup, or as desired. If any of the batter is left, keep it in a cold place. It may be added to a batter to be used the next day, and if there is at least  $\frac{1}{2}$  c. it will not be necessary to add more yeast.

### WAFFLES

1 $\frac{3}{4}$ c. flour	1 c. milk or water
3 or 1 t. baking powder	or sour milk
$\frac{1}{2}$ t. soda if sour milk is used	1 tb. melted fat if desired
$\frac{1}{2}$ t. salt	1 beaten egg

When sour milk is to be used the soda and the smaller amount of baking powder will be needed. Mix the dry ingredients, add the milk, fat, and egg. Bake in an oiled waffle iron until crisp and brown. Serve immediately.

### CORNMEAL WAFFLES OR GRIDDLING CAKES

Follow the directions given for making waffles, using 1 c. cornmeal and only  $\frac{1}{2}$  c. flour. Add a little more liquid if needed.

### RICE WAFFLES

Follow either recipe for Waffles, adding 1 c. or less cooked rice and 1 t. baking powder to the dry ingredients.

## FRITTER BATTER

1½ c. flour	⅔ c. milk
2 t. baking powder	1 egg
	¼ t. salt

Mix and sift the dry ingredients. Add the well beaten egg to the milk and stir this mixture into the dry ingredients, adding part at a time. For fruit fritters add 3 tb. sugar to the dry ingredients.

## APPLE FRITTERS

Core and pare 2 apples of medium size and cut them into dice, rings, or slices. Sprinkle with sugar and lemon juice and let them stand a few minutes. Drain and mix with Fritter Batter. Drop by spoonfuls into deep fat and fry a few at a time until a delicate brown. Drain on unglazed paper. Sprinkle with powdered sugar. Serve immediately.

## BANANA FRITTERS

Cut bananas in halves lengthwise and in thirds crosswise and proceed as for Apple Fritters.

## TIMBALE CASES

¾ c. flour	½ c. milk
½ t. salt	1 egg
1 t. sugar	1 tb. olive or other oil

Mix the dry ingredients, add half the milk, and beat until the mixture is smooth, then add the rest of the milk, the egg, and the oil. Heat the timbale iron in hot fat deep enough to cover it. Have a cup two-thirds full of the batter. Wipe the superfluous fat from the bottom of the iron, dip it into the batter and quickly place it in the hot fat. Fry the case until a delicate brown and slip it off on unglazed paper. If the fat is too hot or not hot enough, the batter will not adhere to the iron. Timbale cases may be filled with creamed chicken, sweetbreads, oysters, mushrooms or peas.

## POP-OVERS

1 c. flour	1 scant c. milk
¼ t. salt	2 eggs or 1

Put the flour and salt into a bowl, stir in the milk gradually, so as to make a smooth mixture, add the well-beaten eggs, and beat with a Dover egg-beater two minutes. Pour into hot oiled pop-over cups or small round iron gem pans. Bake in a hot oven 30 or 35 minutes.

## MUFFINS

2 c. flour	2 tb. sugar if desired
$\frac{3}{4}$ t. salt	1 scant c. milk or water
4 or 2 t. baking powder	or 1 c. sour milk
$\frac{1}{2}$ t. soda if sour milk is used	1 egg or none
	2 tb. or less melted fat

When sour milk is to be used, the soda and the smaller amount of baking powder will be needed. Mix the dry ingredients, add the milk, beaten egg, and fat. Bake about 20 minutes in oiled muffin pans.

## GRAHAM MUFFINS

Follow the directions for Muffins, substituting graham flour for part or all of the white flour.

## RICE MUFFINS

Follow any of the recipes for making muffins, mixing 1 c. or less cooked rice with the dry ingredients. An additional teaspoonful of baking powder should be used.

## RYE MUFFINS

Follow the directions for Muffins, substituting rye flour for part or all of the wheat flour. Add more flour, if needed, to make a drop batter.

## ROLLED OATS MUFFINS

1 $\frac{1}{2}$ c. hot milk or water	1 t. salt
2 c. rolled oats	2 tb. sugar or
1 c. flour	molasses if desired
4 t. baking powder	2 tb. melted fat
	1 beaten egg or none

Add the rolled oats to the hot liquid and let the mixture stand about half an hour. Mix the dry ingredients. When the rolled oats mixture is cool add all the other ingredients. Bake in oiled muffin pans about 20 minutes.

## CORN BREAD OR MUFFINS

1 $\frac{1}{3}$ c. cornmeal	2 tb. sugar if desired
$\frac{2}{3}$ c. flour	$\frac{3}{4}$ t. salt
4 or 2 t. baking powder	1 c. milk or water,
$\frac{1}{2}$ t. soda if sour milk is used	or sour milk
	1 egg or none

1 tb. melted fat

Follow the directions for mixing muffins. Bake in a shallow pan or in muffin pans.

## SOUTHERN CORN BREAD

1 egg or none	2 c. cornmeal
1½ c. sour milk	1 t. salt
or sweet milk or water	¾ t. soda
1 tb. fat	or 4 t. baking powder

When sour milk is used, soda is required and 1 t. baking powder may be added. Use baking powder with sweet milk or water. Beat the egg in a mixing bowl and add the milk. Melt the fat in the oven in the pan in which the bread is to be baked. Mix the dry ingredients and sift them into the liquid. Add the melted fat, beat quickly, and bake in the hot oiled pan.

## CORN BREAD STICKS

Follow the directions for making Corn Bread. Bake in hot oiled bread stick pans.

## SPOON BREAD

2 c. water	2 eggs, slightly beaten
1 c. cornmeal	1 t. salt
1 tb. fat	1 c. milk

Mix the meal with the water and cook it 5 minutes or until thick. Add the fat, cool the mixture slightly, add the eggs, salt, and milk. Beat well and turn into an oiled baking dish. Bake 25 to 30 minutes in a moderate oven. Serve at once from the baking dish.

## BAKING POWDER BISCUIT

2 c. flour	2 tb. fat
4 t. baking powder	¾ t. salt
¾ c. milk (or milk and water)	

Mix and sift the dry ingredients. Work in the shortening with the tips of the fingers or cut it in with knives. Pour in the milk gradually, lifting and turning the mass with a knife or spatula so as to moisten it evenly. Use just enough milk to make a soft dough. Turn out on a floured board. Shape with the hands and pat or roll lightly  $\frac{3}{4}$  inch thick. Cut with a biscuit cutter dipped in flour. Bake in a hot oven 12 to 15 minutes.

## DROP BISCUIT

Follow the directions for Baking Powder Biscuit, using just enough more milk to make a drop batter stiff enough to hold its shape. Drop by spoonfuls on an oiled pan. Bake in a hot oven.

## GRAHAM BISCUIT

Follow the directions for making Baking Powder Biscuit substituting graham flour for part or all of the white flour.

## CHEESE BISCUIT

2 c. flour	$\frac{1}{2}$ t. salt
4 t. baking powder	$\frac{1}{2}$ c. soft cheese
About 1 c. milk or water	

Mix and sift the dry ingredients. Work in the cheese with the tips of the fingers or cut it in with knives. Pour in the milk gradually, lifting and turning the mass with a knife or spatula, so as to moisten it evenly. Use just enough milk to make a soft dough. Turn out on a floured board. Shape with the hands and pat or roll lightly until three-fourths inch thick. Cut with a small biscuit cutter dipped in flour. Bake in a hot oven 12 to 15 minutes.

## STEAMED BROWN BREAD

1 c graham flour	2 t. baking powder
1 c. cornmeal	1 c. milk or water
$\frac{3}{4}$ t. salt	$\frac{1}{2}$ c. washed raisins
$\frac{1}{2}$ t. soda	if desired
$\frac{1}{2}$ c. molasses	

Sour milk may be substituted for the sweet milk or water, omitting the baking powder and using 1 t. soda. Mix and sift the dry ingredients and return the bran to the mixture. Add the milk and stir until smooth, then add the molasses and the raisins. Put into oiled molds having them two-thirds full. Steam 3 hours or more.

## BAKED BROWN BREAD

2 c. cornmeal	2 tb. brown sugar, if desired
2 c. graham flour	$\frac{1}{4}$ c. molasses
7 t. baking powder	2 c. milk or water
$\frac{1}{4}$ t. soda	$\frac{1}{2}$ to 1 c. washed raisins or
1 $\frac{1}{2}$ t. salt	chopped dates if desired

Sour milk may be substituted for the sweet milk or water, omitting half of the baking powder, and adding 1 t. more soda. Mix and sift the dry ingredients and return the bran to the mixture. Add molasses, milk, and raisins or dates. If to be served hot add 2 tb. melted fat. Bake about 1 hour in a loaf pan or one-half hour in shallow pans.

## BARLEY AND CORN BREAD

2 c. cornmeal	2 tb. sugar or molasses
2 c. barley flour	if desired
1½ t. salt	2 c. milk or water
8 or 4 t. baking powder	or sour milk
1 t. soda if sour milk is used	1 c. washed raisins if desired

If sour milk is to be used, the soda and the smaller amount of baking powder will be needed. Mix the dry ingredients, add the liquid and the raisins, if used. If to be served hot add 2 tb. melted fat and bake about 30 minutes in shallow oiled pans. If to be used cold in slices, bake about 1 hour in an oiled loaf pan.

## NUT BREAD

4 c. flour	1½ t. salt
¾ c. sugar or less	¾ c. broken nut meats
8 or 4 t. baking powder	1⅔ c. milk or water
¾ t. soda if sour milk if used	or sour milk

1 egg or none

If sour milk is to be used, soda and the smaller amount of baking powder will be required. Mix the dry ingredients, add the nuts, the milk and the egg, well beaten. Bake in an oiled bread pan in a moderate oven. If it is to be used for sandwiches, this bread is better the day after it is made.

## NOTES ON MAKING YEAST BREAD

1. During the mixing and rising of bread, the mixture should not be overheated nor chilled, as heat kills yeast and cold retards its growth.
2. If the batter is well beaten in mixing, the dough requires less kneading.
3. Reasons for kneading dough:
  - (1) To mix the ingredients thoroughly.
  - (2) To make it elastic.
  - (3) To work in air.
4. Have the dough covered while rising, to keep out the dust, and to prevent a crust from forming.

5. Dough that stands too long to rise makes sour bread.
6. Allow one cup of liquid to a loaf of wheat bread. Larger loaves than this quantity makes, are not likely to be thoroughly baked.
7. Reasons for baking bread:
  - (1) To kill the yeast.
  - (2) To cook the starch.
  - (3) To drive off carbon-dioxide and alcohol.
  - (4) To make it palatable.
8. When bread is done it should be taken out of the pan and allowed to cool uncovered where the air can reach it on all sides. Then it should be placed in a clean dry bread box.

### WHEAT BREAD

1 c. hot milk or water	$\frac{1}{4}$ to $\frac{1}{2}$ cake compressed
1 tb. fat if desired	or dry yeast
1 tb. sugar if desired	$\frac{1}{4}$ c. lukewarm water
1 $\frac{1}{2}$ t. salt	3 to 4 c. flour

The amounts given above make one loaf of bread. Mix the yeast with lukewarm water until smooth. Put the salt, sugar, and fat in the mixing bowl, and add the hot liquid. Allow this mixture to cool until lukewarm, add the yeast and enough flour to make a drop batter. Beat thoroughly. Add enough flour to make a soft dough, and knead it on a floured board until no longer sticky. Return to the mixing bowl, cover, and keep it in a warm place until double in bulk. Shape into a loaf using little or no flour, and place in an oiled bread pan. Cover and let it rise until double in bulk. Bake from 45 to 60 minutes. If it is necessary to use dry yeast, start the bread in the evening, soak the yeast well, and allow the drop batter to stand in a warm place over night. In the morning add the remaining flour and proceed as with compressed yeast.

### GRAHAM BREAD

Follow the directions for making Wheat Bread, substituting graham flour for part or all of the white flour.

### BARLEY BREAD

Follow the directions for making Wheat Bread, substituting barley flour for one-third to one-half of the wheat flour.

## POTATO BREAD

1 c. Mashed Potato	$\frac{1}{2}$ c. hot liquid (milk, water, or potato water)
2 $\frac{1}{2}$ c. flour	1 tb. fat if desired
$\frac{1}{4}$ to $\frac{1}{2}$ cake compressed yeast	1 t. sugar if desired
2 tb. lukewarm water	
	1 t. salt

Add the potato to the flour and rub it in with the tips of the fingers until well blended. Mix the yeast with the lukewarm water until smooth. Add the fat, sugar, and the salt to the hot liquid. When lukewarm add the yeast and the potato and flour mixture, part at a time. This will make a very stiff dough. Knead it well and let it rise until double in bulk. Work it down and place it in an oiled bread pan. Let the dough rise again until double in bulk and bake it from 45 to 60 minutes.

## RICE BREAD

1 c. cooked rice	$\frac{1}{4}$ to $\frac{1}{2}$ cake compressed yeast
1 t. sugar, if desired	$\frac{1}{3}$ c. lukewarm water
1 t. salt	About 2 $\frac{1}{2}$ c. flour
	1 tb. melted fat, if desired

Mix the yeast with the lukewarm water. When smooth add it to the rice with the sugar and salt and the fat, if used. Add the flour gradually, using enough to make a very stiff dough. Knead well and let the dough rise until double in bulk. Work it down and place it in an oiled bread pan. Let the dough rise again until double in bulk and then bake it from 45 to 60 minutes.

## RAISED CORN BREAD

1 $\frac{1}{4}$ c. hot milk or water	$\frac{3}{4}$ c. cornmeal
1 tb. sugar or molasses	$\frac{1}{4}$ to $\frac{1}{2}$ cake compressed yeast
1 tb. fat if desired	$\frac{1}{4}$ c. lukewarm water
1 $\frac{1}{2}$ t. salt	About 2 $\frac{1}{2}$ c. flour

Add the sugar, fat, and salt to the hot liquid, and heat to the boiling point. Add the cornmeal gradually, stirring to prevent lumps from forming. Cool the mixture. Mix the yeast with the lukewarm water, and when smooth add it to the first mixture. Add flour enough to make a stiff dough, knead it well, and let it rise until double in bulk. Knead it again and place it in an oiled bread pan. Let the dough rise until double in bulk, and bake it in a moderate oven 45 to 60 minutes.

## ROLLED OATS BREAD

1 c. hot milk or water	1 t. sugar if desired
1 c. rolled oats	$\frac{1}{4}$ to $\frac{1}{2}$ cake compressed
1 tb. fat if desired	yeast
1 $\frac{1}{2}$ t. salt	$\frac{1}{4}$ c. lukewarm water
About 2 $\frac{1}{2}$ c. flour	

Add the rolled oats, fat, salt, and sugar to the hot liquid and let the mixture stand about half an hour. Mix the yeast with the lukewarm water until smooth. When the rolled oats mixture is just lukewarm, add the yeast and enough flour to make a dough. Knead it well and let it rise until double in bulk. Work it down and place it in an oiled bread pan. Let the dough rise again until double in bulk and bake it from 45 to 60 minutes.

## ROLLS

Use any one of the recipes given for making bread with yeast, using 2 tb. fat if desired. When the dough has risen until double in bulk, divide it into small pieces of equal size, shape them into rolls and place them on oiled baking sheets or individual pans. As dough made with some of the substitutes for wheat tends to become soft and sticky while rising, it is often desirable to shape the rolls without letting the dough rise first. Let them rise until double in bulk and bake in a hot oven.

## BREAD STICKS

Follow the directions for making Rolls, using from 1 to 4 tb. fat as desired. After shaping the sticks, place them on oiled baking sheets or in bread stick pans. Bread sticks may be served with soup or salad.

## CORNMEAL WAFERS

$\frac{1}{2}$ c. cornmeal	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. wheat	1 tb. fat
or barley flour	About 3 tb. milk

Mix the dry ingredients, cut in the fat and add just enough milk to moisten. Roll the dough into a thin sheet. If desired, sprinkle with a thin layer of grated cheese and paprika. Cut in any desired shape and bake in a quick oven.

## FRESHENED BREAD

Place stale bread or rolls in a steamer and steam until heated through and then dry them in a hot oven; or moisten the surface with a little water and heat them in the oven.

### TO PREPARE CRUMBS

Soft bread crumbs may be prepared by picking soft stale bread in pieces. Dry crumbs are made by grinding pieces of bread which have been thoroughly dried in the oven. They may be kept for some time in covered glass jars.

### TOAST

Cut stale bread in slices. Place them on the rack in the broiling oven or over a flame and toast until brown on one side, then turn and brown the other side. If very dry toast is desired, it may be made in the oven. Serve hot with butter.

### MILK TOAST

2 c. hot milk	Butter
$\frac{1}{2}$ t. salt	6 to 8 slices of hot toast

Butter the toast and place in a dish. Salt the milk and pour it over the toast. It may be necessary to use a little more hot milk than the recipe calls for.

### CREAM TOAST

2 c. milk	1 tb. butter or less
2 tb. flour	$\frac{1}{2}$ t. salt
6 to 8 slices of hot toast	

Make a white sauce from the first four ingredients. Place the toast in a dish and pour the sauce between and over the slices. If desired, the toast may be dipped in hot salted water before adding the sauce.

### FRENCH TOAST

2 c. milk	$\frac{1}{2}$ t. salt
6 to 8 slices of stale bread	3 eggs or 2

Beat the eggs slightly and add the salt and the milk. Cut the slices of bread in halves. Dip the pieces, one at a time, in the mixture and sauté. Serve hot, with syrup, if desired.

### SPANISH TOAST

6 to 8 slices stale bread	1 t. sugar
3 eggs or less	$\frac{1}{2}$ t. salt
2 c. cold cooked tomato	Few grains pepper

Beat the eggs slightly, add the seasoning and the tomato. Cut the slices of bread in halves. Dip the pieces, one at a time, in the mixture and sauté them. Serve hot.

### NOTES ON MAKING CAKE

Cakes are divided into two classes, butter cakes, and those made without butter, or sponge cakes.

Sponge cake includes angel cake, lady fingers, and the several kinds of sponge cakes. True sponge cake requires no baking powder, but depends entirely on the air held by the eggs to make it light. In many recipes, however, fewer eggs are called for and some baking powder is added. To prepare pans for sponge cake, line the bottom with an oiled paper and leave the sides unoiled. Sponge cakes require a slow oven because it takes a long time for them to heat through and they burn easily. Allow sponge cake to cool in the pan in which it was baked, inverting the pan with the ends supported above the table.

In making so-called butter cakes other fats of good flavor may be substituted. If this is done salt is needed, and more flavoring such as spice and molasses is often added. There are two general methods of mixing butter cakes. The one usually followed is to cream the butter, add the sugar, the yolks or whole eggs and flavoring and then the flour and liquid alternately. If reserved, the beaten whites are folded in last. The other method is the one used in making muffins. The dry ingredients are mixed, the liquid and the melted fat added. Butter cake may be varied in many ways,—by the addition of chocolate or other flavoring; by spices, fruit or nuts; and by different frostings and fillings. It is safer to line the bottom of pans with paper, but the pans need not be oiled. In putting the mixture into the pans, if it is spread higher on the sides than in the center, the cake will be level when baked. A slightly hotter oven is required for small and layer cakes than for loaf cakes.

### WHEAT SUBSTITUTES IN CAKE

Barley or corn flour may be substituted for one-third to one-half of the wheat flour in a cake recipe. Potato and rice flour may be used in place of one-fourth of the wheat flour. In so-called butter cakes, Mashed Potato may be used in place of one-fourth of the wheat flour. The potato should be well-mashed and cool. It may be creamed with the fat. Use 1 c. Mashed Potato in place of  $\frac{1}{2}$  c. flour and  $\frac{1}{2}$  c. liquid.

### USES FOR STALE CAKE

Stale cake may be used as pudding. Remove the icing, cut the cake into pieces suitable for serving and steam until heated

through. Serve with a hot sauce. The icing may be used in the sauce. Stale cake may be crumbled and added to Soft Custard, or baked in Baked Custard. Stale Sponge Cake may be cut in bars and used in Charlotte Russe.

### SPONGE CAKE No. I

6 egg yolks	Grated rind of $\frac{1}{2}$ lemon
1 c. sugar	1 c. flour
2 tb. lemon juice	$\frac{1}{8}$ t. salt
	6 egg whites

Beat the yolks with a Dover beater, add the sugar gradually and continue beating. Add the lemon juice and rind, then add the flour, stirring just enough to mix. Add salt to the egg whites, beat until stiff and fold them into the mixture. Bake in a slow oven in an un-oiled pan, having the bottom lined with paper.

### SPONGE CAKE No. II

1 c. sugar	7 egg whites
1 c. flour	$\frac{1}{3}$ t. cream of tartar
5 egg yolks	$\frac{1}{4}$ t. salt
	1 t. vanilla

Measure the flour after sifting as usual. Mix it with the sugar and sift 4 times. Beat the yolks until thick. Add salt to the whites, beat until foamy, add sifted cream of tartar and beat until stiff. Beat in the yolks and vanilla and fold in the flour and sugar mixture, part at a time. Bake in a slow oven in an unoiled pan, having the bottom lined with paper.

### HOT WATER SPONGE CAKE

Yolks of 4 eggs	$\frac{3}{4}$ c. hot water
1 $\frac{1}{2}$ c. sugar	2 c. flour
2 tb. lemon juice.	$\frac{1}{2}$ t. salt
Grated rind of $\frac{1}{2}$ lemon	2 $\frac{1}{2}$ t. baking powder
	Whites of 4 eggs

Beat the yolks until thick, add half the sugar gradually and continue beating. Add the lemon juice and rind and beat in the remaining sugar, then stir in the hot water. Add this mixture part at a time to the flour, baking powder, and salt sifted together, stirring only enough to mix the ingredients. Beat the whites of the eggs until stiff and fold them into the mixture. Pour into an un-

oiled pan having the bottom lined with paper. Bake one hour in a slow oven. The cake is done if it springs back when pressed lightly with the finger tips.

### JELLY ROLL

3 eggs	1 t. baking powder
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ tb. milk	1 c. flour
$\frac{1}{4}$ t. vanilla	1 tb. melted fat

Beat the eggs until light in the bowl in which the cake is to be mixed. Add the sugar gradually and continue beating. Add the milk and flavoring, then the flour, baking powder, and salt, sifted together, and lastly the melted fat. Pour into a large shallow pan having the sides oiled and the bottom lined with oiled paper. Spread the mixture evenly, having it only one-third inch thick. Bake in a moderate oven 12 minutes. Turn out on a clean cloth freshly wrung out of hot water. Quickly remove the paper and with a sharp knife trim off the edges of the cake. Spread it with jelly. Roll it up and wrap it with paper to hold the shape.

### ANGEL CAKE

1 c. egg whites (about 8)	$\frac{1}{2}$ t. salt
1 c. granulated sugar	1 t. cream of tartar
1 c. flour	$\frac{1}{2}$ t. vanilla or almond flavoring

Sift the flour before measuring, as usual, and sift again 4 times with the sugar. Add salt to the whites, beat until foamy, add sifted cream of tartar, and beat until stiff and dry. Add the flavoring, fold in the flour and sugar and turn into an unoiled angel cake pan, having the bottom lined with paper. Bake in a slow oven until the surface springs back when pressed lightly with the finger tips. When the cake is done, place the pan bottom up on a wire rest to cool.

### PLAIN CAKE

$\frac{1}{2}$ c. butter or 6 tb. other fat	2 c. flour
$\frac{3}{4}$ c. sugar	$\frac{3}{4}$ c. milk or water
2 eggs or 1	3 t. baking powder
	$\frac{1}{2}$ t. flavoring

Cream the butter and add the sugar gradually. If other fat is substituted for the butter add  $\frac{1}{2}$  t. salt. Add the eggs well beaten, then the flavoring, and mix thoroughly. Add the flour and liquid alternately, having the baking powder sifted with the flour. Do not

beat the mixture after the flour is added, but stir just enough to mix the ingredients. Put into a loaf or shallow pan and bake in a moderate oven until it shrinks from the sides of the pan and springs back when pressed lightly with the finger tips. Use any desired filling or frosting from which the cake then takes its name.

### WHITE CAKE

$\frac{1}{2}$ c. butter or 6 tb. other fat	2 c. flour
$\frac{3}{4}$ c. sugar	F 2 t. baking powder
3 c. milk or water	Whites of 2 eggs or 1
	$\frac{1}{2}$ t. flavoring

Cream the butter and add the sugar gradually, then the flavoring. Add the flour and liquid alternately, having the baking powder sifted with the flour. If other fat is substituted for butter, add  $\frac{1}{2}$  t. salt. Fold in the stiffly-beaten whites. Bake in layer or loaf pans and combine with any desired filling and frosting.

### GOLD CAKE

Follow the directions for Plain Cake, using from 2 to 6 yolks in place of whole eggs.

### SOUR CREAM CAKE

2 eggs or 1	$\frac{1}{2}$ t. vanilla, or
$\frac{3}{4}$ c. sugar	1 t. cinnamon and $\frac{1}{8}$ t. clove
1 c. thick sour cream	2 c. flour
$\frac{1}{4}$ t. salt	2 t. baking powder
	$\frac{1}{3}$ t. soda

Beat the eggs in the bowl in which the cake is to be mixed. Add the sugar, cream, and flavoring, and continue beating. Mix and sift the flour, baking powder, soda, and salt, and the spices, if used. Add this mixture to the one in the bowl and mix only enough to make the batter smooth. Bake in two layers, in a loaf, or in small pans.

### NUT CAKE

Use the recipe for Plain Cake. Omit 2 tb. fat and add  $\frac{1}{4}$  c. broken nut meats.

### SPICE CAKE

Use the recipe given for Plain Cake or for Sour Cream Cake, using  $1\frac{1}{2}$  t. cinnamon,  $\frac{1}{4}$  t. nutmeg, and  $\frac{1}{4}$  t. cloves.

## CHOCOLATE CAKE

Use the recipe given for Plain Cake or for Sour Cream Cake, adding 2 ounces of melted chocolate to the mixture; or add  $\frac{1}{4}$  c. cocoa, omitting  $\frac{1}{4}$  c. flour.

## CREAM CAKE

Bake Plain Cake mixture in shallow layer cake pans. Cool and spread Cream Filling between the layers and sift powdered sugar over the top.

## APPLE SAUCE CAKE

$\frac{1}{2}$ c. butter or 6 tb. other fat	1 t. soda
$\frac{3}{4}$ c. brown or granulated sugar	$\frac{1}{4}$ t. salt
$1\frac{1}{2}$ t. cinnamon	2 c. flour
$\frac{1}{2}$ t. cloves	1 c. apple sauce
$\frac{1}{2}$ t. nutmeg	$\frac{1}{2}$ c. chopped raisins

Cream the butter and add the sugar gradually. Add the apple sauce and raisins, and the dry ingredients which have been mixed and sifted. Bake in a shallow pan, or as a loaf.

## TEA BARS

2 eggs	6 tb. butter or other fat
1 c. sugar	$\frac{1}{2}$ c. flour
2 sq. chocolate	1 t. vanilla
	1 c. broken nut meats

Beat the eggs and beat in the sugar part at a time. Melt the butter and chocolate together over hot water and add to the first mixture. If little or no butter is used add a few grains of salt. Add vanilla, nuts and flour. Spread one-third inch thick on an oiled shallow pan and bake in a moderate oven. When cool cut into small bars. These bars are suitable to serve at receptions or teas.

## BOILED FROSTING

1 c. sugar	1 t. vanilla, or
$\frac{1}{2}$ c. water	$\frac{1}{2}$ tb. lemon juice

White of 1 egg or 2

Dissolve the sugar in the water, and boil without stirring until the syrup threads when dropped from the tip of a spoon. See Notes on Making Candy. Cool slightly and pour syrup gradually on the stiffly-beaten white of egg, beating constantly. Add the flavoring and continue beating until of the right consistency to spread. Too much beating makes the frosting rough; if not beaten long enough it will run. If the whites of two eggs are used the frosting does

not stiffen so quickly and is a little more easily made by the inexperienced.

### FROSTING MADE WITH YOLKS

Follow the directions for Boiled Frosting, substituting 2 well beaten yolks for the white of egg.

### CHOCOLATE FROSTING No. I

Follow the directions for Boiled Frosting or Frosting Made With Yolks, adding 2 oz. of melted chocolate after the egg and syrup have been combined.

### CHOCOLATE FROSTING No. II

$1\frac{1}{2}$ oz. chocolate	1 c. powdered sugar
$\frac{1}{4}$ c. milk	Yolk of 1 egg
	$\frac{1}{2}$ t. vanilla

Melt the chocolate over hot water and add half of the sugar. When well mixed add the milk and the rest of the sugar, then the beaten yolk. Cook the mixture over hot water until it thickens, stirring constantly. Allow it to cool a little, add the vanilla and spread on cake.

### QUICK FROSTING

About 1 c. confectioners sugar	$\frac{1}{2}$ t. flavoring
2 tb. hot milk	$1\frac{1}{2}$ tb. cocoa, if desired

Sift the sugar and stir it part at a time into the hot milk and flavoring until the mixture is of the right consistency to spread. If the cocoa is used, mix it with the first half cup of sugar.

### CREAM FILLING

$\frac{3}{4}$ c. sugar	2 eggs
$\frac{1}{3}$ c. flour	2 c. scalded milk
$\frac{1}{2}$ t. salt	1 t. vanilla

Mix the dry ingredients and add the scalded milk gradually. Cook over the flame until thickened, stirring constantly, and continue the cooking over hot water 15 minutes. Beat the eggs slightly and add the cooked mixture to them. Mix well and cook over hot water just below the boiling point for a few minutes, stirring while the eggs thicken. Remove from the fire and add the flavoring.

### CHOCOLATE CREAM FILLING

Melt  $1\frac{1}{4}$  ounces of chocolate and add to Cream Filling, using 1 c. sugar in place of  $\frac{3}{4}$  c.

## CREAM PUFFS

$\frac{1}{2}$ c. butter or 6 tb. other fat	4 eggs
1 c. boiling water	1 c. flour
	$\frac{1}{4}$ t. salt

Put the hot water, salt and butter in a sauce pan and bring the mixture to the boiling point. Add the flour all at once and stir over the fire until the mixture forms a ball. Cool slightly and add the unbeaten eggs, one at a time, beating in each until thoroughly mixed. Drop by spoonfuls on an oiled tin sheet, one and a half inches apart. If a glazed surface is desired, brush with white of egg before baking. Bake 30 to 35 minutes in a moderate oven. If not sufficiently baked they will fall. When cool, cut a slit in the top or side and fill the puff with sweetened whipped cream or Cream Filling. This recipe makes about 18 small cakes.

## ECLAIRS

Use Cream Puff mixture, shaping it into cakes about 4 inches long and 1 inch wide. Bake as directed for Cream Puffs and fill with Cream Filling, Chocolate Cream Filling or sweetened whipped cream flavored with vanilla. Cover the top with frosting.

## DOUGHNUTS

2 c. flour	1 tb. melted fat
$\frac{1}{4}$ t. salt	$\frac{1}{3}$ c. sugar
3 t. baking powder	1 c. milk or water
$\frac{1}{8}$ t. cinnamon or nutmeg	1 egg

Mix and sift the dry ingredients, reserving  $\frac{1}{2}$  c. flour. Mix the milk and beaten egg and add to the dry mixture. Add the melted fat and mix in as much of the remaining flour as is needed to make a soft dough. Chill the dough and roll it out, part at a time, on a well floured board. Cut and fry a few at a time. Drain on unglazed paper. Roll in powdered sugar, if desired.

## GINGERBREAD

2 c. flour	$\frac{1}{4}$ t. nutmeg if desired
$\frac{1}{2}$ t. salt	$\frac{3}{4}$ c. sour milk or
$1\frac{1}{8}$ or $\frac{3}{4}$ t. soda	sweet milk or water
2 t. ginger or more	$\frac{3}{4}$ c. molasses
$1\frac{1}{2}$ t. cinnamon if desired	2 or 3 tb. melted fat
$\frac{1}{4}$ t. cloves if desired	1 egg or none

If this is to be made with sour milk use the larger amount of soda and the smaller amount of fat, but if sweet milk or water is to be

used the smaller amount of soda and the larger amount of fat are required. Mix and sift the dry ingredients, add the milk, and stir until smooth, then add the molasses, fat, and egg if used. Bake in shallow oiled pans in a moderate oven.

### CORNMEAL GINGERBREAD

1 c. flour	$\frac{1}{4}$ t. cloves if desired
1 c. cornmeal	$\frac{1}{4}$ t. nutmeg if desired
$1\frac{1}{4}$ or $\frac{3}{4}$ t. soda	1 scant c. sour milk or water
$\frac{1}{2}$ t. salt	sweet milk or water
2 t. ginger or more	$\frac{3}{4}$ c. molasses
$1\frac{1}{2}$ t. cinnamon if desired	2 or 3 tb. melted fat
	1 egg or none

Follow the directions for mixing and making Gingerbread.

### GINGER SNAPS

$\frac{2}{3}$ c. molasses	$\frac{1}{2}$ t. soda
6 tb. fat	2 t. ginger
2 c. flour	$\frac{2}{3}$ t. salt
	1 t. cinnamon

Heat the molasses to the boiling point and pour it over the fat. Add the dry ingredients mixed and sifted. Chill thoroughly. Place the mixture part at a time on a slightly floured board and roll out one-eighth inch thick. Cut with a small round cutter first dipped in flour. Place on an oiled tin sheet and bake in a moderate oven. Keep the mixture cool until baked.

### MOLASSES COOKIES

2 to $2\frac{1}{2}$ c. flour	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ t. salt	2 t. baking powder
1 t. ginger	$\frac{1}{2}$ c. molasses
1 t. cinnamon	$\frac{1}{2}$ c. milk or water
	4 tb. fat melted

Mix 2 c. flour with the other dry ingredients. Mix the molasses, milk and fat, and add to the dry mixture. Add enough more flour to make a very soft dough. Chill thoroughly. Roll out, part at a time, on a floured board. Bake on an oiled tin sheet in a moderate oven.

## SUGAR COOKIES

$\frac{1}{2}$ c. butter or 6 tb. other fat	$\frac{1}{4}$ c. milk
1 c. sugar	2 t. baking powder
1 egg	About 3 c. flour
	$\frac{1}{2}$ t. vanilla, if desired

Mix as directed for Plain Cake, adding  $\frac{1}{2}$  t. salt if other fat is used in place of butter. Use just enough flour to make a soft dough. Place it, part at a time, on a floured board and roll one-fourth inch thick. Keep the board and rolling pin slightly floured. Cut with a floured cutter. A sprinkling of nutmeg may be added after the cookies are cut. Bake 15 minutes on shallow pans.

## DROP CAKES

$\frac{1}{2}$ c. butter or 6 tb. other fat	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ c. sugar	$2\frac{1}{2}$ c. flour
1 egg or none	3 t. baking powder
	$\frac{1}{2}$ t. vanilla

Mix as directed for Plain Cake, adding  $\frac{1}{2}$  t. salt if butter is not used. Other flavoring, as suggested for Nut, Spice or Chocolate Cakes, or grated lemon rind or raisins, may be substituted for vanilla or used with it. Drop by spoonfuls on unoiled shallow pans about 2 inches apart. Bake in a hot oven about 12 minutes. Drop cakes make a very good substitute for cookies and are much more quickly made.

## CORNMEAL DROP CAKES

2 c. cornmeal	$\frac{1}{2}$ c. molasses
1 c. flour	$\frac{1}{3}$ c. corn syrup
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ c. sour milk
$\frac{3}{4}$ t. soda	6 tb. melted fat
Spices, if desired	1 c. washed raisins, if desired
	1 egg beaten

Mix and sift the dry ingredients, adding  $1\frac{1}{2}$  t. each of cinnamon and ginger, and  $\frac{1}{8}$  t. each of cloves and nutmeg, if desired. Add the remaining ingredients. Drop by small spoonfuls on a baking sheet. Garnish with nut meats if desired. Bake in a moderate oven.

## APPLE DUMPLINGS

Use Baking Powder Biscuit dough or Pie Crust. Roll out and cut into 5-inch squares. In the center of each square place one small apple, pared and cored, or one-half apple sliced. Sprinkle with sugar and cinnamon and dot with butter. Draw up the edges of dough

over the apples and press them together firmly. Steam for one hour or bake in a hot oven. Serve with Hard Sauce, or cream and sugar.

### PEACH DUMPLINGS

Follow the directions for making Apple Dumplings, substituting peaches for the apples.

### DUTCH APPLE CAKE

2 c. flour	1 egg
$\frac{1}{2}$ t. salt	1 scant c. milk
3 t. baking powder	2 sour apples
4 tb. fat	2 tb. sugar
	$\frac{1}{4}$ t. cinnamon

Mix the dry ingredients except the sugar and cinnamon, cut or rub in the butter and add the milk and beaten egg. Spread  $\frac{1}{2}$  inch thick on a shallow pan. Pare and cut the apples in sections lengthwise and lay them in rows on the dough with the sharp edges pressed lightly into the dough. Sprinkle the top with the sugar and cinnamon. Bake in a hot oven 25 to 30 minutes. Serve hot with Lemon Sauce or Hard Sauce.

### HARD SAUCE

$\frac{1}{3}$ c. butter	1 to 2 tb. water or milk
About 2 c. powdered sugar	1 t. flavoring

Cream the butter. Add 1 c. sugar gradually and then the liquid, a few drops at a time. Add the flavoring and enough more sugar to give the desired consistency. The beaten white of an egg may be used in the sauce if desired.

### LEMON SAUCE

$\frac{3}{4}$ c. sugar	2 c. hot water
2 tb. cornstarch	Grated rind and
or 3 tb. flour	juice of 1 lemon
$\frac{1}{4}$ t. salt	1 tb. butter

Mix the sugar, cornstarch, and salt. Add the hot water and boil 10 minutes, stirring while the mixture thickens. Remove from the fire and add the butter, lemon juice and rind.

### VINEGAR SAUCE

Follow the directions for Lemon Sauce, omitting the lemon juice and rind. Add a few grains of nutmeg and enough vinegar to give the desired flavor.

## ORANGE SAUCE

Follow the directions for Lemon Sauce and flavor with orange, omitting part or all of the lemon.

## RAISIN SAUCE

$\frac{1}{2}$ c. raisins	2 tb. cornstarch
$2\frac{1}{2}$ c. water	1 tb. butter
$\frac{1}{2}$ c. sugar	2 tb. lemon juice if desired
	$\frac{1}{4}$ t. salt

Wash and chop the raisins. Simmer in the water 5 minutes. Mix the cornstarch, sugar, and salt and add to the liquid, stirring while it thickens. Cook 10 minutes, remove from the fire and beat in the butter and lemon juice.

## VANILLA SAUCE

2 c. hot water	$\frac{1}{4}$ t. salt
$\frac{3}{4}$ c. sugar	1 tb. butter
2 tb. cornstarch	1 t. vanilla

Mix the sugar, cornstarch, and salt, add the boiling water, and boil 10 minutes, stirring while it thickens. Remove from the fire, beat in the butter and add the vanilla.

## FRUIT SAUCE

2 c. fruit juice	2 tb. sugar
2 tb. cornstarch or 3 tb. flour	$\frac{1}{4}$ t. salt
	1 tb. butter, if desired

Heat the fruit juice. Mix the cornstarch, sugar, and salt, and blend with the hot fruit juice. Boil 10 minutes, stirring while it thickens. Remove from the fire and beat in the butter. If the sauce requires it, add more sugar and a little lemon juice.

## COTTAGE PUDDING

2 c. flour	$\frac{2}{3}$ c. sugar
4 t. baking powder	4 tb. melted butter or other fat
$\frac{1}{2}$ t. salt	
1 egg	1 scant c. milk

Mix and sift the flour, baking powder, and salt. Beat the egg and add the sugar, fat, and milk. Stir this mixture, part at a time, into the dry mixture. Bake about 20 minutes in a shallow oiled pan. Serve hot with any desired sauce.

## STRAWBERRY SHORTCAKE

1½ c. flour	3 tb. fat
3 t. baking powder	1 qt. strawberries
½ t. salt	½ to 1 c. sugar
½ c. milk or milk and water	

Wash, drain, and hull the berries. Cut in halves and sprinkle with sugar. The best ones may be saved whole for garnishing. Mix and sift the flour, baking powder, and salt, adding 1 tb. of sugar, if desired. Work in the shortening with the tips of the fingers or cut it in with knives. Pour in the milk gradually, using just enough to make a soft dough. Lift and turn the mass with a knife or spatula, so as to moisten it evenly, and work it as little as possible. Turn out on a floured board. Divide into two parts and pat or roll lightly so as to make two layers, each about  $\frac{3}{4}$  inch thick. Place one on an oiled pan, brush with melted butter and cover with the other layer. Bake in a hot oven. When done, separate the layers and spread sugared berries between them and on top. Serve with or without plain or whipped cream.

## ORANGE SHORTCAKE

Make as directed for Strawberry Shortcake, using the sweetened pulp from oranges instead of berries. Meringue may be piled roughly on top and then browned in the oven, if desired.

## FRUIT COBBLER

Heat stewed fruit, sweeten to taste, and place in an oiled baking dish. Cover with Short Cake or Biscuit dough. Bake in a hot oven. Serve with cream or Fruit Sauce.

## STEAMED FRUIT PUDDING

2 c. flour	1 egg beaten
4 t. baking powder	$\frac{1}{4}$ c. melted fat
½ t. salt	1 scant c. milk
1 c. fruit	

Cut large fruit in pieces. Mix and sift dry ingredients and add the milk, egg, melted fat and fruit. Put into oiled cups or small molds. Steam 2 hours. Serve with Hard Sauce, Fruit Sauce, or cream.

## SUET PUDDING

2 c. flour	$\frac{1}{4}$ t. cloves
$\frac{2}{3}$ t. soda	$\frac{1}{4}$ t. nutmeg
2 t. baking powder	$\frac{2}{3}$ c. molasses
$\frac{1}{2}$ t. salt	$\frac{2}{3}$ c. milk or water
1 t. cinnamon	$\frac{2}{3}$ c. finely chopped suet
$\frac{1}{2}$ t. ginger	1 c. washed raisins

Mix and sift the dry ingredients. Mix the molasses, milk and suet. Combine the mixtures and add the raisins. Other fruit, such as currants, dates, figs or citron; also chopped carrots, nut meats, and bits of orange peel may be used in the pudding as desired. Steam in an oiled mold 3 hours. Serve with any desired sauce.

## PIE CRUST

1 c. flour	4 tb. fat
$\frac{1}{4}$ t. salt	Cold water

The amounts given above make one medium sized single crust. It may be made with less shortening if baking powder is added. Mix the flour and salt. Cut in the fat with two knives or rub it in with the fingers. Add water a few drops at a time. Do not use any pressure, but give time for the flour to absorb the water. The mixture should be barely moist enough to stick together. Too much water makes a tough crust. Work in the ragged edges, handling as little as possible. Place the dough on a slightly floured board, turn it over and roll it with light strokes to make it a little larger than the pan in which it is to be baked. It should be lifted and turned occasionally to prevent sticking to the board. Line a pan with the dough, being careful not to stretch it nor to leave air bubbles under it. In making a single crust, press the dough over the edge of the pan and trim with a knife, then build up a rim as follows: First moisten the edge and lay a half inch strip of dough over it; press the layers lightly together, shaping the rim with the fingers or marking it with a fork. Before baking an empty pie shell, prick a few holes in the bottom to prevent large bubbles from forming. To cover a pie moisten the edge of the lower crust and lay over it an upper crust which has been perforated to allow steam to escape. Press the edges lightly together. Bake in a hot oven.

## LEMON PIE

1 c. sugar	2 egg yolks
$\frac{1}{2}$ c. flour	Juice and grated rind of
$\frac{1}{4}$ t. salt	one lemon
2 c. boiling water	1 t. butter

## Meringue

Mix the flour, sugar, and salt, and blend with the hot water. Cook directly over the fire 5 minutes, stirring constantly. Place over hot water and add the butter and beaten egg yolks. Cook 2 minutes, remove from the fire, and add the strained lemon juice and grated rind. Have ready a Pie Crust, previously baked, and fill with the above mixture when it is cool. Cover with Meringue. Bake in a slow oven until delicately browned.

## MERINGUE

Whites of 2 eggs	$\frac{1}{2}$ tb. lemon juice,
2 tb. sifted powdered sugar	or $\frac{1}{4}$ t. vanilla

Beat the whites until light, add the sugar gradually and continue beating. Add the flavoring. Spread the mixture roughly on a pie or pudding and bake in a slow oven until delicately browned. Meringue may be floated on hot water and browned and then placed on a pie or pudding.

## CUSTARD PIE

2 eggs	$\frac{1}{8}$ t. salt
$\frac{1}{4}$ c. sugar	$1\frac{3}{4}$ c. scalded milk
Few grains nutmeg	

Beat the eggs slightly, add the sugar, salt, and milk. Line a pan with Pie Crust and build up a rim. Brush the crust inside with a little egg white, reserved from eggs used in the filling. Bake the crust in a hot oven long enough to harden this coating, pour in the filling, and reduce the temperature of the oven to cook the custard and finish baking the crust.

## PUMPKIN PIE

$1\frac{1}{4}$ c. steamed and strained	$\frac{1}{2}$ t. cinnamon
pumpkin	$\frac{1}{2}$ t. ginger
$\frac{1}{3}$ c. brown sugar	$\frac{1}{4}$ t. nutmeg
$\frac{1}{2}$ t. salt	1 or 2 eggs
1 c. hot milk	

Mix the pumpkin, sugar, salt, and spices. Add the eggs, beaten slightly, and then the milk. If two eggs are used,  $\frac{1}{4}$  c. more milk or cream may be added. Prepare crust as for Custard Pie and bake until the filling is firm.

## RHUBARB PIE

2 c. rhubarb	2 tb. flour
1 c. sugar	$\frac{1}{8}$ t. salt
1 egg	1 t. lemon juice

Wash the rhubarb and cut it into  $\frac{1}{2}$  inch pieces without peeling. Mix the sugar, flour, salt, slightly beaten egg, and lemon juice. Add to the rhubarb and bake between crusts.

## APPLE PIE

4 or 5 sour apples	Few grains cinnamon or nutmeg
$\frac{1}{2}$ c. sugar or more	1 t. butter or more

Line a pie pan with crust. Pare, core, and slice the apples and lay them on the crust. Sprinkle with sugar, and nutmeg or cinnamon. Dot with butter. Moisten the edges of the lower crust and cover with the upper crust, pressing the edges together. The upper crust should always be perforated to allow steam to escape. Bake 40 to 45 minutes in a moderate oven.

## PATTY SHELLS

Line small patty pans with Pie Crust, or invert the pans and cover the bottom and sides with crust. Prick a few holes in the bottom to prevent large air bubbles from forming and bake. When ready to serve, fill with a hot creamed mixture.

## Miscellaneous Desserts

## BAKED INDIAN PUDDING

4 c. scalded milk	1 t. salt
$\frac{1}{2}$ c. cornmeal	1 t. ginger
$\frac{1}{2}$ c. New Orleans molasses	$\frac{1}{2}$ t. cinnamon

Stir the hot milk into the cornmeal. Add molasses, salt, and spices, and cook in a double boiler for 20 minutes. Pour into an oiled pudding dish and bake in a slow oven 2 hours.

## BREAD PUDDING

1 c. stale bread cubes	$\frac{1}{4}$ c. sugar
2 c. hot milk	1 tb. butter or less
1 egg, slightly beaten	Few grains nutmeg, or 1 t. flavoring
$\frac{1}{4}$ t. salt	
$\frac{1}{2}$ c. washed raisins, if desired	

Put the bread and milk in an oiled baking dish and let it stand

a few minutes. Mix the egg, sugar, salt and flavoring, and add to the first mixture. Add the raisins if used, and dot the top with butter. Set the dish in a pan of hot water and bake in a slow oven until firm and delicately browned on top. Serve with any desired sauce, or with cream and sugar.

### CHOCOLATE BREAD PUDDING

Follow the directions for Bread Pudding, adding  $\frac{1}{2}$  oz. of bitter chocolate or 1 tb. cocoa and flavor with vanilla omitting the raisins. If chocolate is used melt it and mix with part of the sugar and enough of the hot milk to thin the mixture. Add to the bread and milk. If cocoa is used mix it with the sugar.

### CREAMY RICE PUDDING

4 c. milk	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. rice	Few grains nutmeg, or
$\frac{1}{3}$ c. sugar	grated rind of $\frac{1}{2}$ lemon

Wash the rice and mix it with the other ingredients in an oiled pudding dish. Cover and bake slowly from 2 to 3 hours. When the rice is puffed, remove the cover and stir in the brown crust as it forms.

### RICE PUDDING

2 c. cooked rice	$\frac{1}{2}$ c. seeded raisins
$\frac{3}{4}$ c. milk	Grated rind of $\frac{1}{2}$ lemon
	$\frac{1}{2}$ c. sugar

Mix the ingredients and bake in an oiled pudding dish until thickened and brown. Serve with cream or Vanilla Sauce.

### RICE AND APRICOT PUDDING

1 c. rice	2 tb. butter
1 t. salt	$\frac{1}{2}$ lb. dried apricots
$3\frac{1}{2}$ c. boiling water	$\frac{1}{2}$ c. sugar

Wash the apricots and soak over night in sufficient cold water to cover them. Cook in the same water in a double boiler until soft and add the sugar. Let them stand some time in the sweetened juice. Cook the rice as directed under Steamed Rice. Put a layer in an oiled baking dish and add a layer of apricots. Repeat until the dish is full, having rice on top. Dot with butter. Reserve one cup of juice for sauce. Pour the remaining juice on the pudding until it may be seen through the top layer, using a little water if necessary. Bake about 15 minutes in a moderate oven. Serve with a sauce made from the apricot juice, following the directions for Fruit Sauce.

## SCALLOPED APPLES

4 c. sliced apples	$\frac{1}{4}$ t. nutmeg, or
3 tb. melted butter, or less	$\frac{1}{3}$ t. cinnamon
2 c. soft stale bread crumbs	$\frac{1}{4}$ c. sugar
Grated rind and juice of 1 lemon	

Mix the crumbs, melted butter, spice, sugar, and rind and juice of lemon. Spread one-third of this mixture in the bottom of an oiled baking dish and alternate with layers of apple, having the crumb mixture on top. If the apples are not very juicy, add enough water to moisten. Bake covered about 35 minutes in a moderate oven. Remove the cover and brown the crumbs. Serve with cream and sugar or sauce.

## RHUBARB PUDDING

4 c. rhubarb	
4 or 5 slices bread, buttered	
1 c. sugar	

Wash the rhubarb and cut it into 1 inch lengths, but do not peel it. Cut the slices of bread into cubes, mix lightly with the rhubarb and sugar and bake in an oiled pudding pan about 20 minutes. The pan should be covered during the first 10 minutes.

## APPLE MERINGUE

6 apples	3 egg whites
1 pt. Soft Custard	$\frac{1}{3}$ c. powdered sugar

Core, pare, and bake the apples, keeping a very small amount of water in the pan. Baste occasionally. When the apples are tender, pour the Soft Custard over them. Cover with Meringue made from the egg whites and the powdered sugar, and brown in a pan of cool water in a slow oven; or float the Meringue in a pan of hot water, brown it and place it on the pudding.

## APPLE TAPIOCA

$\frac{3}{4}$ c. pearl tapioca or	$2\frac{1}{2}$ c. boiling water
$\frac{1}{2}$ pt. granulated tapioca	$\frac{1}{2}$ t. salt
Cold water	$\frac{1}{2}$ c. sugar
6 sour apples	

If pearl tapioca is used, wash and soak it in cold water one hour or more. (Granulated tapioca need not be soaked.) Pour over it the boiling water, add the salt and cook in a double boiler until transparent. Pare and slice the apples, put them into a baking dish, sprinkle with the sugar and, if liked, add a little lemon juice or cin-

namon. Add the cooked tapioca and bake in a moderate oven until the apples are very soft. Serve with sugar and cream. Apricots may be substituted for apples.

### FIG TAPIOCA

$\frac{1}{3}$ c. granulated tapioca or $\frac{1}{2}$ c. pearl tapioca	$\frac{3}{4}$ c. light brown sugar
$1\frac{1}{2}$ c. hot water	$\frac{1}{2}$ c. chopped figs
$\frac{1}{2}$ t. salt	Few grains cinnamon
	$\frac{1}{2}$ t. vanilla or lemon juice

If pearl tapioca is used, soak it an hour or more in cold water. (Granulated tapioca need not be soaked.) Mix the tapioca, sugar, figs, spice, and water. Boil for 5 minutes, and then cook in a double boiler for one hour, or until the tapioca is transparent. Remove from the fire, and add the flavoring. One-half cup of nuts may be added if desired. Serve cold with plain or whipped cream, or Soft Custard.

### FRUIT TAPIOCA

$\frac{1}{2}$ c. granulated tapioca or $\frac{2}{3}$ c. pearl tapioca	Sugar to taste
	Fruit
3 c. hot liquid (fruit juice and water)	

If pearl tapioca is used, soak an hour or more in cold water. (Granulated tapioca need not be soaked.) Mix the tapioca and liquid. Boil for 5 minutes, and then cook in a double boiler for 1 hour, or until the tapioca is transparent. Remove from the fire, add cooked fruit, and sugar to taste; or cool and add fresh fruit. Serve plain or with cream.

### TAPIOCA CREAM

3 tb. granulated tapioca or $\frac{2}{3}$ c. pearl tapioca	$\frac{1}{8}$ t. salt
	$\frac{1}{3}$ c. sugar
1 pt. milk	2 egg whites
2 egg yolks	$\frac{1}{2}$ t. vanilla

If pearl tapioca is used, soak it for an hour in sufficient cold water to cover (granulated tapioca needs no soaking); add the milk, and cook in a double boiler until the tapioca is transparent. Mix the egg yolks, salt, and sugar. Stir in the hot mixture, return to the double boiler and cook 2 minutes or until it thickens slightly. Remove from the fire, add the flavoring and beaten whites. Cool and serve.

## PRUNE PUDDING

$\frac{1}{2}$ lb. prunes	$\frac{1}{8}$ t. cinnamon
2 c. cold water	1 $\frac{1}{3}$ c. boiling water
1 c. sugar	$\frac{1}{3}$ c. cornstarch
	1 tb. lemon juice

Pick over and wash the prunes. Soak several hours in the cold water and cook covered in the same water until soft. Remove the stones and add the sugar, cinnamon, and boiling water. Mix the cornstarch with enough cold water to pour easily and add to the hot prune mixture, stirring constantly. Cook directly over the fire until thick, then place over hot water. Add the lemon juice and continue to cook for 20 minutes. The stiffly-beaten whites of 1 or 2 eggs may be folded in, if desired. Mold and serve cold with cream.

## PRUNE WHIP

$\frac{1}{3}$ lb. prunes	$\frac{1}{2}$ tb. lemon juice
$\frac{1}{2}$ c. sugar	Whites of 5 eggs or less

Pick over and wash the prunes and soak them in cold water. Cook in the same water until soft. Remove stones and chop the prunes. Add the sugar and cook 5 minutes, or until of the consistency of marmalade. Fold the prune mixture and lemon juice into the stiffly-beaten whites of eggs. Pile lightly on an oiled pudding pan. Set in a pan of hot water and bake 20 minutes in a slow oven. Serve cold with cream or Soft Custard.

## SOFT CUSTARD

1 qt. hot milk or whey	$\frac{1}{4}$ c. sugar
Yolks of 3 eggs	$\frac{1}{8}$ t. salt
	$\frac{1}{2}$ t. vanilla

Beat the yolks slightly and mix with the sugar and salt. Slowly add the scalded milk, stirring constantly. Cook until it thickens over water just below the boiling point. Flavor and cool. When made with whey, custard may be flavored with lemon juice. If the custard should curdle from being overcooked, place it in a pan of cold water and beat it with a Dover beater.

## BAKED CUSTARD

1 qt. hot milk or whey	$\frac{1}{4}$ t. salt
4 eggs or 3	1 t. vanilla, or
$\frac{1}{2}$ c. sugar	Few grains nutmeg

Beat the eggs slightly, stir in the sugar and salt, then, slowly, the hot milk. When the sugar is dissolved add the flavoring. If made with whey, custard may be flavored with lemon juice. Pour

the mixture into serving dishes. Set them in a pan of hot water and bake in a slow oven until firm. Do not allow the water in the pan to boil.

### FLOATING ISLAND

Make Soft Custard and fold in stiffly-beaten whites of eggs, or pile Meringue on top.

### CORNSTARCH MOLD

4 c. hot milk	6 tb. cornstarch
4 tb. sugar	$\frac{1}{4}$ t. salt
	1 t. flavoring

Mix the dry ingredients. Stir in the hot milk gradually. Cook the mixture over the direct flame until it thickens, stirring all the while. Cook over hot water about half an hour. Remove from the fire, add the flavoring and turn the mixture into a mold that has been wet with cold water. Cool and serve with cream or Fruit Sauce.

### CHOCOLATE MOLD

Proceed as for Cornstarch Mold, using  $\frac{1}{2}$  c. sugar. Melt 1 square of chocolate, add to it  $\frac{1}{4}$  c. boiling water and stir and cook until perfectly smooth. Add this to the cornstarch and milk mixture just before removing from the fire. In place of chocolate, 2 tb. cocoa may be used by adding it to the dry ingredients. Flavor with vanilla.

### CORNSTARCH FRUIT MOLD

4 c. hot fruit juice	Fruit or nuts
2 tb. sugar, or more	Lemon juice, if desired
6 tb. cornstarch	2 or 3 cloves, or small
$\frac{1}{4}$ t. salt	piece of cinnamon

Mix the cornstarch, sugar, and salt. Stir in the hot liquid gradually. Cook the mixture over the direct flame until it thickens, stirring all the while. Add the spice and cook one-half hour over hot water. Remove from the fire and add the fruit, nuts, and flavoring, if used. Pour into molds that have been wet with cold water. Cool and serve plain, or with cream or Fruit Sauce.

### CORNSTARCH MERINGUE

Follow the directions for Cornstarch Mold. Upon removing the mixture from the fire fold in the stiffly-beaten whites of 2 or 3 eggs with the flavoring. Mold and serve with Soft Custard or cream.

## CORNSTARCH CUSTARD

4 c. hot milk	3 egg yolks
½ c. cornstarch	1 t. vanilla
½ t. salt	3 egg whites
½ c. granulated sugar	4 tb. powdered sugar

Mix the cornstarch, salt, and granulated sugar. Stir in the hot milk gradually. Cook the mixture over the direct flame until it thickens, stirring all the while, then cook over hot water about half an hour. Beat the yolks slightly and blend with the hot mixture. Cook and stir over hot water just until the yolks thicken. Remove from the fire, add the flavoring and pour into a baking dish. Cover with a Meringue made from the whites of eggs and powdered sugar. Brown slightly in a moderate oven.

## Gelatin Desserts

Gelatin is obtained by boiling animal tissue. It is present in soup stock, as may be easily seen by the jelly-like mass which is formed when the broth is allowed to cool. It is carefully prepared for market and is sold in three forms, granulated, shredded, and in sheets. It is a light, easily digested food and is used to prepare many attractive desserts. It is particularly valuable in invalid cookery.

In preparing gelatin dishes the following rules should be carefully observed:

1. It should be soaked in cold water.
2. It should be dissolved in hot liquid.
3. It should be quickly cooled after dissolving in hot liquid.
4. It should be carefully covered to protect it from bacteria.
5. It should be kept in a cool place to become firm

## LEMON JELLY

2 tb. granulated gelatin	2½ c. hot water
¼ c. cold water	½ c. sugar
	½ c. lemon juice

Soak the gelatin in the cold water until soft. Make a syrup by boiling the hot water and sugar. Remove from the fire and add the soaked gelatin. When the mixture is partly cool, add the lemon juice, and pour into a mold which has been dipped in cold water. Chill until firm, unmold and serve with or without cream.

### FRUIT GELATIN

Make as directed for Lemon Jelly, adding fresh or cooked fruits. Grapes, cherries, strawberries, raspberries, peaches, oranges, bananas and pineapples are used in any desired combination. The amount of lemon juice may be decreased and fruit juice may be substituted for part of the water.

### APRICOT JELLY

$\frac{1}{3}$ lb. dried apricots	Juice of 1 lemon
2 c. cold water	$1\frac{1}{2}$ tb. granulated gelatin
$\frac{1}{2}$ c. sugar	soaked in $\frac{1}{4}$ c. cold water

Pick over and wash the apricots. Soak in the cold water several hours and then cook in the same water until soft. Rub through a sieve, add the sugar and enough water to make 3 c. Boil a minute, remove from the fire, add the soaked gelatin, and, when partly cool, the lemon juice. Pour into a mold which has been dipped in cold water. Chill until firm, and serve with or without cream.

### PRUNE JELLY

Follow the directions given for Apricot Jelly, substituting prunes for apricots.

### SNOW PUDDING

$1\frac{1}{4}$ tb. granulated gelatin	$\frac{1}{2}$ c. sugar
$\frac{1}{4}$ c. cold water	$\frac{1}{4}$ c. lemon juice
1 c. boiling water	Whites of 3 eggs, beaten stiff

Soak the gelatin in cold water. Make a syrup by boiling the hot water and sugar. Remove from the fire and add to the soaked gelatin. Add the lemon juice when the mixture is partly cool. Stir occasionally until it begins to thicken. Then beat with a Dover egg-beater until frothy, and add the beaten whites. Place the bowl in a pan of ice water and continue beating the mixture until it is stiff enough to hold its shape. Pile lightly on a serving dish and serve with Soft Custard.

### CHARLOTTE RUSSE

$\frac{3}{4}$ tb. granulated gelatin	$\frac{1}{8}$ t. salt
2 tb. cold water	1 t. vanilla
$\frac{1}{4}$ c. hot milk	$1\frac{1}{2}$ c. heavy cream
3 tb. powdered sugar	6 lady fingers

Soak the gelatin in the cold water until soft and dissolve it in the hot milk. Whip the cream. Add the sugar, salt, and vanilla to the dissolved gelatin and set the bowl containing the mixture in ice water, stirring until it begins to thicken. While it is still soft fold in the

whipped cream, adding about one-third at a time. Pour the mixture into a mold lined with lady fingers or bars of sponge cake. Chill thoroughly.

### ORANGE CHARLOTTE

1 $\frac{1}{2}$ tb. granulated gelatin	Juice of 1 lemon
$\frac{1}{3}$ c. cold water	1 c. orange juice and pulp
$\frac{1}{3}$ c. boiling water	Whites of 3 eggs, or
$\frac{1}{2}$ c. sugar	1 c. heavy cream

Soak the gelatin in the cold water until soft and dissolve it in the hot water. Whip the cream. To the soaked gelatin add the sugar, lemon juice, orange juice and pulp, and a little grated rind. Set the bowl containing the mixture in ice water, stirring until it begins to thicken. Beat until light, add the beaten whites or whipped cream and continue beating until the mixture is stiff enough to hold its shape. Put into a mold lined with lady fingers or sections of orange. Chill and serve with or without whipped cream.

### FRUIT CHOCOLATE

Follow the recipe given for Orange Charlotte, using in place of the orange 1 c. stewed peach, pineapple or apricot, or 1 pt. fresh strawberries or raspberries rubbed through a sieve.

## Frozen Desserts

### DIRECTIONS FOR FREEZING

4 parts finely crushed ice  
1 part rock salt

Put the mixture to be frozen into the can, put in the paddle, place the cover, and adjust the can in the freezer. Pound the ice in a strong cloth or bag, and put it in the freezer, alternating with layers of salt, or ice and salt may be mixed before packing. The salt and ice should come a little higher than the mixture in the can. Turn the crank slowly and steadily until the mixture is partly frozen, then turn faster. Remove the dasher when the mixture is frozen. Cover carefully, and if possible, allow it to stand an hour to ripen, before serving.

### LEMON ICE

$\frac{1}{2}$  c. lemon juice  
 $1\frac{1}{4}$  c. sugar

4 c. water

Grated rind of 1 lemon

Make a syrup of the sugar and water, boiling 5 minutes. Cool

and add juice and rind. Strain and freeze according to the directions.

### LEMON SHERBET

Add the stiffly-beaten white of 1 egg to the above when the mixture is frozen to the consistency of mush, and continue freezing.

### MILK SHERBET

1 qt. milk  
 $1\frac{1}{4}$  c. sugar  
 $\frac{1}{2}$  c. lemon juice

Mix the sugar and the strained lemon juice. Add the milk slowly, stirring all the while. Freeze according to directions. Orange juice may be substituted for part of the lemon juice.

### VANILLA ICE CREAM

2 c. hot milk	$\frac{1}{4}$ t. salt
2 tb. flour	1 egg
1 c. sugar	4 c. thin cream
	2 t. vanilla

Mix the dry ingredients and add the hot milk. Cook until thickened, stirring constantly. Beat the egg slightly and add the hot mixture to it. Cook and stir over hot water just until the egg thickens. Cook, add cream and flavoring. Freeze according to the directions.

### CHOCOLATE ICE CREAM

Follow the directions for Vanilla Ice Cream. Add 2 oz. of shaved chocolate to the hot thickened milk, stir and cook until smooth. Omit half of the vanilla.

### JUNKET ICE CREAM

Make Junket or Chocolate Junket, using twice as much sugar and flavoring as the recipe calls for. When firm, freeze according to directions. One-fourth part cream may be added before freezing, but is not necessary.

### FRUIT ICE CREAM

For a fruit cream, crushed berries, peaches, apricots, pineapple, or other fruit may be added to Vanilla or Junket Ice cream (omitting the vanilla) after the mixture is partly frozen. If fruit is added at first, the cream may curdle.

## FRUIT MOUSSE

$\frac{1}{2}$ tb. granulated gelatin	$\frac{1}{2}$ c. fruit juice
1 tb. cold water	$\frac{1}{2}$ to 1 c. fruit pulp
1 $\frac{1}{2}$ tb. hot water	if desired
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tb. lemon juice
1 c. heavy cream	

Soak the gelatin in cold water and dissolve it in hot water. Dissolve the sugar in the fruit juice without heating. Add the pulp, if used, and gelatin, and stir occasionally until it begins to thicken. Whip the cream and fold into the mixture. Put in a mold which has been dipped in cold water, spread on oiled paper over the top, large enough to extend over the edges. Cover closely and pack in equal parts of ice and salt. Let stand 3 to 6 hours. To remove from mold, dip into hot water for an instant and turn out on a serving dish. This quantity serves 6 people.

## Candy

## NOTES ON MAKING CANDY

When sugar and a liquid are boiled together, a syrup is formed which is a foundation for candy. By varying the proportions and the length of time for boiling, and by the addition of other materials, such as eggs, butter, chocolate, nuts and flavorings, various candies are made.

## TESTS FOR SYRUP

As syrup boils, it gradually becomes thicker and hotter. For each kind of candy the syrup should boil to a certain stage. This may be determined by testing in various ways, the most accurate of which is by the use of a candy thermometer. The simplest method for home use, however, is to drop a little of the syrup into a cup of cold water, and to find out its consistency by working between the fingers or striking against the side of a cup. Before the syrup can be tested in cold water it reaches a point called the thread stage. This is the first instant that it forms a thread when dropped from the tip of a spoon.

Following is a table of temperatures with their corresponding tests:

110° C.	230° F.	Thread
113° C.	236° F.	Soft ball
123° C.	254° F.	Hard ball
145° C.	293° F.	Crack
154° C.	310° F.	Caramel

## MOLASSES TAFFY

$\frac{1}{2}$  c. molasses      1 tb. vinegar  
1 c. sugar       $\frac{1}{2}$  tb. butter

Mix the ingredients and cook to the crack stage. Pour into oiled pans. When cool, pull until it is light in color. Cut or break into pieces.

## FONDANT

2½ c. sugar  
¾ c. hot water  
½ t. cream of tartar

Put the sugar, water, and cream of tartar into a saucepan. Heat gradually and stir constantly until dissolved, but do not stir after boiling begins. When completely dissolved, wash off the sugar adhering to the sides of the pan with a damp cloth. Cook, covered, for 5 minutes. Remove the cover and boil until a soft ball is formed when dropped into cold water. Pour out on a platter and, when almost cold, beat until creamy, and knead. It may be kept for some time if packed in a dish and covered. Fondant is the foundation for cream candies and may be colored and flavored as desired.

## MINT WAFERS

Melt soft Fondant over hot water. Flavor with peppermint and drop from the tip of a spoon on oiled papers. The wafers may be colored, and flavored with wintergreen, lemon or pistachio, if desired.

## STUFFED DATES

Select firm, unbroken dates. Wash them and remove the seeds. Fill the cavity with Fondant or nut meats.

## CHOCOLATE CREAMS

Fondant Bitter or confectioners chocolate

Roll the Fondant into balls or any desired shapes. Place on sheets of oiled paper and allow the surface to dry slightly. Melt the chocolate in a deep narrow dish over hot water. Stir the chocolate

until the fat globules disappear and it is partly cooled. Lift the balls, one at a time, on a fork or steel knitting needle, dip into the melted chocolate and dry on oiled paper. For a thick coating have the Fondant balls quite cold and the chocolate not too hot. If a sweet coating is desired use confectioners' dipping chocolate.

## NUT BRITTLE

1 c. nut meats

1 c. sugar

Few grains salt

Spread the nuts on a shallow oiled pan. Melt the sugar in a frying pan over a low flame, stirring constantly until amber-colored but not scorched. Add the salt and quickly pour over the nuts.

## CHOCOLATE FUDGE

Mix the sugar, milk and chocolate. Heat slowly and boil until a soft ball is formed when a little syrup is dropped into cold water. Add the butter, remove from the fire and let stand until cold. Beat until creamy and turn out on oiled plates. Mark into squares.

## VANILLA CARAMELS

2 c. sugar	$\frac{1}{4}$ c. butter
$\frac{1}{4}$ c. corn syrup	1 t. vanilla
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ c. nuts, if desired

Cook the sugar, milk and corn syrup to the soft ball stage, add the butter and continue cooking to the hard ball stage. Remove from the fire, add vanilla and nuts and pour into oiled pans. When cool, cut into squares and wrap each caramel in oiled paper.

## CHOCOLATE CARAMELS

Use recipe for Vanilla Caramels. Add 2 squares of chocolate to the sugar, milk, and corn syrup and heat the mixture slowly to melt the chocolate before boiling begins.

## SALTLED NUTS

Use almonds or unroasted peanuts. To blanch them, cover with boiling water and boil 1 minute. Drain and cover with cold water and drain again. Remove the skins and dry the nuts on a clean cloth. Fry a few at a time in oil or fat, using a small deep pan.

Turn the nuts constantly in order to brown them evenly. Drain, spread on unglazed paper, and sprinkle with fine salt. Instead of frying them, the nuts may be dipped in olive oil or melted butter, spread in a shallow pan, and browned in the oven. They will need occasional stirring to brown them evenly.

## Preservation of Food

---

Foods are spoiled by the action of bacteria, yeasts, and molds, unless preserved in some way. Any method which keeps these organisms inactive, or destroys those present and exclude others, may be used if it does not injure the food. The common ways of preserving are by drying, refrigeration, canning, and by the use of such preservatives as salt, sugar, vinegar, and spices. It is not safe to use the chemical preservatives sometimes sold as canning powders, as they are injurious to health.

Drying is one of the oldest and simplest methods of preservation. It prevents the action of bacteria, yeasts, and molds by depriving them of the moisture necessary to their growth, but it does not destroy all of those present. Dried foods may be kept for long periods.

Refrigeration is a successful method for the temporary storage of perishable foods. It reduces the activity of organisms but does not destroy them.

Canning has come to be a very common and practical way of preserving fruits, vegetables, and meats. The organisms present are destroyed by heat and others are excluded by sealing. There are different methods of canning. Those advised for use in the home require very simple equipment and the directions are easily followed.

Such simple preservatives as salt, sugar, spice, and vinegar have long been used, and are satisfactory in certain cases, but as they change the flavor and character of the foods preserved in them they cannot always be used.

### DIRECTIONS FOR DRYING FRUITS AND VEGETABLES

Drying is a simple method of preserving fruits and vegetables, and when dried they are convenient to handle, to store, and to use.

Where fruits are grown in hot dry climates sun drying is practiced on a large scale, but in most places indoor drying by artificial heat is more successful.

Small quantities of food may be dried on wire trays in an oven,

if the door is left ajar. For relatively larger amounts an oven-like structure can be devised to be hung over the kitchen stove or placed upon it. Such a dryer should have one or more movable wire shelves or trays which allow free circulation of air through all parts, and it should have an opening or ventilator at the top. If to be placed on the stove a drier should not be made of inflammable material. Provision should be made to protect the food while drying from dust and from flies and other insects.

The drying of fruits and vegetables may be facilitated by placing them, with or without applying heat, where there is a constant current of air. An electric fan is very good for this purpose.

1. Select sound ripe fruits and vegetables and dry them as quickly as possible after they are gathered. The young and tender vegetables make the best grades but older ones may be dried for use in many ways. They should all be in condition suitable for table use.
2. Pick over, wash, and grade the product to be dried. Remove tough stems, strings, inedible pods, husks, etc. Blanch and cold dip each product as directed in the recipe for canning it. Remove the skins and cores of hard fruits, and the skins and pits of other fruits if desired. Larger fruits and vegetables may be cut in halves, quarters, slices, or shreds to facilitate the drying. The knife used should be clean and bright to avoid discoloration of the product. Remove the surface moisture by spreading the fruit or vegetables on a clean dry cloth before placing them in the drier.
3. Cover the trays of the drier with loosely woven clean cloth, and spread the prepared food on them in a thin layer. Apply enough heat to dry the product as quickly as possible without overheating or scorching it. It is necessary to shift the trays occasionally, and to stir or turn the contents to dry them uniformly and to prevent the growth of mold. Several hours are required to complete the drying of most products. The process should be continued until no water can be pressed out of cut sections, but not until they are brittle. Dried fruits should be leathery, soft, and pliable to the touch. Cool the product quickly after removing it from the drier. If it seems too dry, expose the material to the air for a few hours to allow it to regain some moisture.
4. It is safer to wait several days before packing a dried product, to be sure that it is not too moist, and that the moisture is

evenly distributed. During this period the food should be emptied 2 or 3 times into another receptacle to mix it and to prevent molding. Examine the product carefully to see that it is in good condition.

5. The development of insects may be prevented by heating the dried product in a very slow oven for a short time. Seeds that have been heated cannot be used for planting.
6. Dried foods must be stored in such a way as to protect them from moisture, dust, and insects. A simple method of storing for home use is to hang the food in cloth bags in a dry place. For shipping it is necessary to use moisture-proof containers. These may be of tin or paraffin-coated paper.

#### METHODS OF CANNING

**The Open Kettle or Hot Pack Method** has been used commonly to can fruits, but not all vegetables can be preserved in this way because it does not destroy all organisms present. It is not so successful and does not retain the color, flavor, and shape of the product as well as the Cold Pack Method.

**The One Period Cold Pack Method** is advised for general use because it makes complete sterilization easy, and because color, flavor, and shape of food materials are best retained by its use. It is successful for vegetables and meats, as well as for fruits. This is the only method explained in detail in the following pages.

**The Intermittent Sterilization Method** consists in proceeding as for the One Period Cold Pack Method, but divides the sterilization into three periods twenty-four hours apart. This is successful but is not generally recommended as it is expensive in time, labor, and fuel.

**The Cold Water Method** can be used only for rhubarb and a few sour berries. These may be washed, blanched, packed in cold water, and sealed without sterilization. As it cannot be put into general use this method is not recommended. The Cold Water Method should not be confused with the Cold Pack Method.

#### GENERAL DIRECTIONS FOR CANNING by the ONE PERIOD COLD PACK METHOD

All of the following recipes for canning refer to this method.

1. Select sound, fresh fruit or vegetables. They should be prepared and canned as quickly as possible after they are gathered.

2. Clean and examine the jars to be used. Fit them with clean new rings which have been tested for elasticity. See that the lids are in good condition, and that they fit perfectly. Leave the jars upside down in the hot water while preparing the product. It is not necessary to sterilize them before filling, but they should be hot to prevent breaking when placed in the hot water bath.
3. Wash and pick over the fruit or vegetables, grading them as to size, ripeness, and quality. Remove the tough stems, strings, husks, inedible pods. etc., of the fruits or vegetables requiring it.
4. Most products, except soft fruits, should be blanched in steam or boiling water. For the time and method of blanching see the directions for canning each product. Blanch only enough for one or two jars at a time. Blanching is done to shrink the product for packing, to remove undesirable flavors, and to loosen skins. It is convenient to place the fruit or vegetables in a large square of cheese cloth or in a wire basket for blanching and cold dipping.
5. After blanching dip the fruit or vegetables quickly into cold water and drain them immediately. This is done to make them easier to handle, to make the skins separate easily from the pulp, and to set the color.
6. Remove the skins, cores, and pits, and cut those fruits or vegetables requiring it.
7. Pack the cold product quickly in the hot jars, on which the rubbers have been placed.
8. For each quart jar of vegetables add 1 t. salt, if desired, and fill the jar with hot water. Fill jars of fruit with hot water or hot syrup. A syrup made of boiling 3 parts of sugar with 2 parts of water for 4 minutes is of average consistency. The proportions may be varied to suit the taste.
9. Partly seal the jars, in such a way that the rubbers and lids will stay in place and yet allow for expansion of the contents of the jars.
10. Place the jars immediately in a hot water bath to sterilize. For this process it is necessary to have a deep can or boiler with a tight fitting cover, and with a rack in the bottom on which the jars may rest, allowing free circulation of water around and under them. The water should be hot when the jars are placed in it, and should be deep enough to come 2 inches above

the tops. Cover the boiler closely. Bring the water to the boiling point quickly and sterilize each product according to the time specified for it, **counting from the time the water begins to boil**. Over-cooking makes the product too soft and spoils the flavor and color.

11. Remove the jars from the cooker and **seal them immediately without lifting the lids for any purpose**. Set them on a dry towel, allowing a space around each jar. There is danger of breakage if the jars come in contact with anything cold or if they are exposed to a draft, but they should not be kept hot. As there is some evaporation during the cooking, and shrinkage due to cooling, the jars are often not quite full. The contents will keep, however, if perfectly sterilized, and sealed without allowing organisms to enter.
12. Immediately after sealing test each seal by inverting the jar. If the seal is not perfect open the jar and, if desired, fill it with boiling water. Adjust a perfect rubber and cover. Boil again for 5 minutes. If an imperfect seal is discovered **after** cooling, correct the fault and place the jar in warm but not boiling water and sterilize as at first. **Never screw down the lid of a jar after it has once been tightened**, as this may break the seal.
13. When cool, wipe the jars with a cloth wrung out of hot water and label them. It is desirable to indicate the contents, grade, cost, and date on the labels.
14. Store the jars in a clean dry place where they will not be overheated and where there is no danger of freezing. Dampness causes the rubbers to decompose and permits mold to develop.

#### CANNED SOFT FRUIT

Strawberries, raspberries, dewberries, blackberries, blueberries, peaches, and sweet cherries are included in this group. Follow the General Directions for Canning. Blanch the peaches just long enough to loosen the skins and dip them quickly into cold water. Peel them and cut in halves or slices, removing the stones. If a can full of fruit with very little juice is desired, heat the fruit with syrup or sugar over hot water before packing. Let it stand until cool, or for several hours. Drain off and heat the syrup. Pack the fruit in the jars and add the hot syrup. Sterilize in the hot water bath 12 minutes.

### CANNED SOUR BERRY FRUITS

This group includes currants, gooseberries, cranberries, sour cherries and plums. Follow the General Directions for Canning. Prick plums with a fork or steel knitting needle before blanching them. Blanch in hot water 1 minute. Sterilize 15 minutes in the hot water bath.

### CANNED RHUBARB

Rhubarb may be canned by the Cold Water Method which may be of advantage when time is limited, but the flavor is generally not so good as when the Cold Pack Method is used. The General Directions for Canning may be followed. Cut the rhubarb in pieces before blanching, but do not peel it. Blanch one-half minute in hot water. It may be canned in water or syrup. If a can full of rhubarb with very little juice is desired mix the rhubarb with one-fourth as much sugar, heat it over hot water, and let it stand long enough to draw out the juice before packing. Do not use additional syrup unless needed to fill the jars. Sterilize for 15 minutes in the hot water bath.

### CANNED HARD FRUITS

Apples, pears, and quinces are included in this group. Follow the General Directions for Canning. Blanch the fruit one and one-half minutes in hot water. Cut it in halves, quarters, or slices. Discoloration of apples may be prevented by dropping them into dilute salt water as they are cut. They should then be rinsed before packing. Sterilize for 20 minutes in the hot water bath.

### CANNED PINEAPPLE

Follow the General Directions for Canning. Cut the pineapple crosswise in slices. Pare and core them, and remove the eyes. Do not blanch or cold dip the pineapples. The slices may be packed whole, or cut as desired. Sterilize for 35 minutes in the hot water bath.

### CANNED FRUIT JUICE

It is often desirable to can fruit juice for beverages, fruit sauces, or for making jelly. Left-over fruit syrups may also be kept in this way. Juice may be extracted in a fruit press or according to the Directions for Making Jelly. Sugar may be added to the juice, if desired. Pour the juice into clean hot bottles or jars. If bottles are used the juice should be within 2 inches of the top. Insert a piece of sterilized cotton in the neck of each bottle and place it on a rack in a hot water bath. The water should not be above the level of the

fruit juice. Sterilize for 15 minutes. Without removing the cotton fit each bottle with a cork which has been dipped in hot paraffin. Melted paraffin may be used in place of a cork if the cotton is pushed one-fourth inch below the mouth of the bottle. If jars are used they should be prepared, filled, and sealed according to the General Directions for Canning.

### CANNED TOMATOES

Follow the General Directions for Canning. Scald the tomatoes just long enough to loosen the skins and dip quickly into cold water. Cut out the core before removing the skins. Pack the tomatoes whole, pressing them down well into the jars until all parts are filled. As tomatoes contain a large amount of water none should be added. Sterilize for 30 minutes in the hot water bath.

### CANNED STRAINED TOMATOES

Wash the tomatoes and cut them in quarters, without peeling them. Cook until soft with a little onion, if desired. Strain and can according to the General Directions for Canning. Sterilize in the hot water bath for 20 minutes.

### CANNED VEGETABLE GREENS

Asparagus, spinach, cauliflower, Brussels sprouts, young beet tops, Swiss chard, kale, French endive, and dandelion are included in this group. Follow the General Directions for Canning. Remove the roots, tough stems and stalks before washing the vegetables. Strip off the leaves from the mid-ribs of Swiss chard and can them separately. Blanch in steam 15 minutes. As these vegetables are likely to shrink during the sterilization they should be packed tightly. Sterilize cauliflower 45 minutes, and the other products 2 hours in the hot water bath.

### CANNED CORN

Young corn is best for canning. It should be canned as quickly as possible after it is picked. Follow the General Directions for Canning. After removing the husks, blanch the corn on the cob 5 minutes. If whole kernels are desired cut the corn close to the cob. Scrape out the remaining pulp, which may be canned for soup. If corn free from hulls is desired, cut off only the tips of the kernels, or score them and then scrape out the pulp, leaving the hulls on the cob. As corn swells during sterilization it should be packed loosely in the jars, leaving a half inch space above the top. Sterilize 3 hours in the hot water bath.

### CANNED BEANS OR PEAS

Young beans and peas are best for canning. They should be canned as quickly as possible after being picked. Blanch 5 minutes in hot water. Pack closely, leaving a half inch space at the top. Sterilize 2 hours in the hot water bath.

### CANNED BEETS OR CARROTS

Select young tender beets and carrots for canning. Follow the General Directions for Canning. To retain the color of the beets leave on all of the roots and 3 or 4 inches of the stem, while blanching. Blanch in hot water until the skins are loose. Small beets and carrots should be canned whole, and others may be cut. Pack closely, leaving a half inch space at the top. Hot vinegar and spices may be added to the beets if desired. Sterilize 2 hours in the hot water bath.

### PRESERVING WITH SALT

The preservation of vegetables by the use of salt is very easily accomplished in less time than is required for canning or drying them. There is some loss of nutritive material by this method, and the flavor of the vegetables is changed, but they are palatable to most people.

If fermentation is desired, as in making Fermented Salt Cabbage (sauerkraut), the vegetables are packed with a relatively small amount of dry salt, or in a weak brine. If fermentation is to be prevented a larger proportion of salt is used.

Salted vegetables may be cooked in the same way as fresh vegetables, after soaking them for several hours in clear water.

### GENERAL DIRECTIONS FOR PRESERVING VEGETABLES WITH SALT

1. Select sound vegetables and pack them as quickly as possible after they are gathered.
2. Pick over, wash, and drain the product. Remove tough stems, strings, inedible pods, husks, etc., and cut those vegetables requiring it.
3. Weigh the product and measure the necessary amount of salt, or make the required amount of brine as directed for packing each vegetable.
4. Pack the vegetables closely in clean wooden kegs or wide-mouthed stone crocks. If dry salt is used cover the bottom of the container with an inch layer of the vegetable and sprinkle it with

salt. Repeat until the container is three-fourths full, pressing down each layer as it is packed. It is necessary to distribute the salt evenly, and to have it on the top layer. If brine is used pack the container three-fourths full of vegetables, and pour the brine over them.

5. Spread a piece of clean cheese cloth on the vegetables, tucking it down at the sides. Place a heavy plate or a round piece of board on the cloth and weight it down with clean bricks or stone. These should be heavy enough to press out the juices from the vegetables and form a brine with the salt. The vegetables must be completely covered with brine.
6. If fermentation is desired, allow the container to stand in a moderately warm room. It takes from 8 days to 4 weeks to complete the fermentation, depending upon the temperature. As a scum forms remove it. Vegetables packed in a relatively large amount of salt and in which fermentation is not desired, should be put in a cool place as soon as they are packed. A slight amount of fermentation will take place at first.
7. The fermentation is complete if no bubbles rise when the container is tapped lightly on the side. There is a tendency for a scum to form on the brine, especially in warm weather. If it starts to form it should be removed, and it can be prevented after fermentation by sealing. This is done by pouring on hot paraffin. Put the container in a cool place where there is no danger of freezing, and where it will not have to be moved, and see that the brine comes just up to the board or plate before pouring on the paraffin. It is necessary to be sure that fermentation has ceased before sealing, as bubbles of gas forming later would break the seal.
8. As mentioned above, the containers should be stored in a cool place where there is no danger of freezing. It is necessary to protect the contents from mice and insects. If the brine should evaporate, exposing the vegetables and allowing them to decompose, or if a mold should form it will not necessarily spoil the entire contents, but the top layer must be removed and enough fresh brine must be added to cover the vegetables. The contents should then be re-sealed.

#### FERMENTED SALT CABBAGE (Sauerkraut)

Summer cabbage has not been used commonly for making Fermented Salt Cabbage, but if properly prepared and stored, cabbage grown at any time of the year may be used. Follow the General

Directions for Preserving Vegetables with Salt. Select sound firm heads of cabbage. Remove the outer green leaves, bruised spots, and core. Shred the cabbage with a slaw cutter or knife. Pack it with dry salt, using  $\frac{1}{4}$  lb. for each 10 lb. of cabbage, and press it down well. The fermentation progresses rapidly in warm weather, and unless the cabbage is frequently examined and cared for a scum is likely to form on the brine and spoil the product. Sealing with paraffin is very important in warm weather, but not so necessary in the fall if the product is stored in a cool place.

### SALTED STRING BEANS

Follow the General Directions for Preserving with Salt. Cut the beans in 2-inch lengths. If fermentation is desired pack the beans with  $\frac{1}{4}$  c. salt to each 4 lb. beans, or a brine made with  $\frac{3}{4}$  c. salt and 1 c. vinegar to 1 gallon of water. If fermentation is to be prevented use 2 c. salt to 4 lb. of beans. If after 24 hours the brine does not cover the material, add brine made by dissolving 1 part of salt in 4 parts of water.

### SALTED PEAS

Shell the peas and pack them as directed for Salted String Beans. Peas should be packed in small enough containers so that the quantity opened will not spoil before it can be used.

### SALTED VEGETABLE GREENS

This group includes cabbage, Swiss chard, spinach, dandelion, kale, beet tops, turnip tops, etc. Follow the General Directions for Preserving with Salt. Use 2 c. of salt for each 4 lbs. of the greens. If, after 24 hours, the brine does not cover the material, add a brine made by dissolving 1 part of salt in 4 parts of water.

### SALTED CUCUMBERS OR DILL PICKLES

Follow the General Directions for Preserving with Salt. A layer of dill and some mixed spices may be placed in the bottom of the container before packing the cucumbers, if desired. Use a brine made with  $\frac{3}{4}$  c. salt and 1 c. vinegar to 1 gal. water.

### SALTED GREEN TOMATOES

Follow the General Directions for Preserving with Salt. Pack the tomatoes whole, adding dill and spice if desired. Use a brine made with  $\frac{3}{4}$  c. salt and 1 c. vinegar to 1 gal. water.

### SALTED CORN

Follow the General Directions for Preserving with Salt. After husking the corn, cook it 10 minutes in boiling water and dip it in cold water. Cut the kernels from the cob, using a sharp knife. Pack, using 1 c. salt to 2 lb. corn. If, after 24 hours, the brine does not cover the material, add brine made by dissolving 1 part of salt in 4 parts of water.

### NOTES ON MAKING JELLY

1. Fruits contain a peculiar substance called pectin, which in combination with sugar and an acid makes fruit juice jellify.
2. Fruits that contain both pectin and an acid, such as green grapes, currants, plums, sour apples and blackberries, are easily jellified.
3. Fruits that contain pectin but insufficient acid, such as sweet apples, quinces, peaches and pears, require the addition of an acid which may be supplied by lemon juice or sour apples.
4. To test fruit juice for pectin mix a spoonful of grain alcohol with an equal amount of the juice. If it is rich in pectin a jelly-like mass will form. If the juice does not respond well to the test boil it down and test again.
5. Fruits for jelly making should be barely ripe or under-ripe.
6. Juice for jelly should be cooked out of the fruit, not simply pressed out.
7. Jelly should be clear, firm, tender and of good color and flavor.
8. Failures in jelly making may be caused by:
  - (1.) Too much sugar.
  - (2.) Too long or insufficient boiling.
  - (3.) Insufficient acid or pectin.
  - (4.) The use of over-ripe fruit.

### DIRECTIONS FOR MAKING JELLY

1. Wash the fruit and remove the stems and imperfections.
2. Cut large fruit into pieces without removing the skins or seeds.
3. Place the fruit in a preserving kettle. Add water, using only a little for very juicy fruits, and enough to cover hard fruits.
4. Cook the fruit at least 45 minutes, crushing it as it cooks.
5. Pour the cooked fruit and juice into a scalded jelly bag. Allow the juice to drip through without pressing the bag. The juice which remains in the pulp may be left in it to make an acceptable Fruit Butter; or it may be pressed out and used to make cloudy jelly; or more clear juice may be extracted by adding

water to the pulp, cooking and draining again. This process may be repeated several times, extracting clear juice which should be reduced by boiling.

6. If there is any doubt as to the quality of the juice for jelly making, use the test for pectin given in the Notes on Making Jelly.
7. Measure the juice, then measure the sugar. The amount of sugar which should be used depends upon the amount of pectin in the juice. The average juice will take about three-fourths as much sugar as juice. If weak in pectin measure only one-half as much sugar as juice. Place the sugar where it will be heated through but not scorched.
8. Boil the juice about 20 minutes (longer if weak in pectin), removing the scum as it forms.
9. Add the heated sugar and stir until it is dissolved. Boil until the syrup "sheets off" when a little is dropped from a spoon; or until it thickens a little and a skin forms when a few drops are cooled on a plate. When the latter test is used there is danger that the jelly may be over-cooked while making the test.
10. Pour the jelly immediately into hot sterilized glasses.
11. When a skin has formed over the jelly cover it with a layer of hot paraffin.
12. Cover the glasses to keep out the dust.
13. Label the jelly and store it.

### PRESERVED FRUITS

Fruits may be preserved in enough sugar to keep without sealing but canning is now so easily accomplished that this process is not extensively used. From three-fourths to the full weight of the fruit in sugar is required. Hard fruits should be cooked until nearly tender in water which may be used for the syrup. Make a heavy syrup, using one-fourth as much water as sugar. Add the fruit and cook till tender.

### FRUIT BUTTER

Peaches, pears, apples, plums and grapes are used for making fruit butter. For peach, pear or apple butter, wash, pare and slice the fruit. Cook it in a little water until tender. For grape or plum butter wash the fruit, cook in a little water and when soft press through a colander. To the pulp add about half as much sugar and a little spice if desired. Cook until it thickens, taking care not to let it scorch, and seal in sterilized jars. Pulp left after extracting

part or all of the juice for jelly may be used for fruit butter but usually requires the addition of other fruit and spice to improve the flavor.

### ORANGE MARMALADE

3 oranges	Sugar
1 lemon	Water

Boil the fruit whole for 10 minutes and soak in cold water over night. Drain and cut the fruit in very thin slices, removing the seeds. Add twice as much water as fruit and let it stand over night. Boil 30 minutes and let it stand until the next morning. Add to the mixture an equal measure of sugar and boil until it responds to the jelly test. Boiling the fruit whole and soaking over night reduces the bitter flavor. If a bitter marmalade is desired omit that process. This amount makes about 8 glasses and takes about  $4\frac{1}{2}$  lbs. of sugar.

### GRAPEFRUIT MARMALADE

1 grapefruit	Sugar
1 orange	1 lemon
	Water

Wash the fruit and cut it into very thin slices. Add three times as much water as fruit and let stand over night. Boil 30 minutes and let stand over night again. Add to the mixture an equal measure of sugar and cook until it responds to the jelly test. This will take from  $1\frac{1}{2}$  to 2 hours and care must be taken not to let it scorch. Pour into jars or jelly glasses.

### RHUBARB CONSERVE

2 oranges	$\frac{1}{2}$ lb. shelled nuts
3 lb. sugar	Juice of 3 lemons
	4 c. rhubarb cut into inch pieces

Wash the rhubarb before cutting it, but do not peel it. Wash the oranges and cut off thin strips of the yellow part of the skin. Mix the rhubarb, orange juice and pulp, strips of skin, and lemon juice with the sugar. Cook slowly, stirring constantly until ready to jellify. Add the nuts, and seal in sterilized glasses.

### GRAPE CONSERVE

2 qt. stemmed grapes	3 oranges
1 $\frac{1}{2}$ lb. raisins	$\frac{1}{2}$ lb. nuts

The grapes for conserve should not be over-ripe. Wash the grapes and separate the pulp from the skins. Cook the pulp until soft and

press through a sieve. Remove pulp and juice from the oranges, and add to the grape skins, pulp, and raisins. Measure and add an equal amount of sugar. Simmer until ready to jellify; add nuts if desired, broken in pieces; and pour into sterilized glasses. Cover with melted paraffin.

### CHILI SAUCE

3 pt. ripe tomatoes, cut in pieces	1 lb. salt
1 red pepper, finely chopped	$\frac{1}{2}$ t. cloves
1 onion, finely chopped	1 t. cinnamon
$\frac{1}{3}$ c. sugar	1 t. allspice
Vinegar	1 t. nutmeg
	Bay leaf if desired

Peel tomatoes and cut them in pieces. Cook with onion and pepper about two hours, or until thick, stirring occasionally to prevent scorching. Add remaining ingredients, using as much vinegar as necessary to give the desired flavor. Bottle and seal.

### CUCUMBER PICKLES

2 qt. small cucumbers	12 small onions
Brine	4 inches stick cinnamon
5 c. vinegar and water	2 small hot peppers
$\frac{3}{4}$ c. sugar or less	2 tb. mustard seed

Select small firm cucumbers as soon after cutting as possible. Wash them with a cloth and let them stand over night in a brine strong enough to float an egg. Make a mixture of about equal parts of vinegar and water, varying the proportion according to the strength of the vinegar. Add sugar and cucumbers and heat just until the color changes. Remove the cucumbers and pack them in jars with the remaining ingredients. Heat the vinegar to the boiling point, fill the jars and seal.

### STORING OF VEGETABLES FOR WINTER USE

Many vegetables, when properly stored in the fall, may be had fresh for winter use. This is the most desirable way of keeping turnips, beets, carrots, parsnips, rutabagas, horseradish, kohlrabi, salsify, cabbages, celery, onions, potatoes, sweet potatoes, squashes and pumpkins.

Vegetables for storing should be planted to mature in the fall. Only the sound products can be stored successfully for any length of time, as decay would soon develop in any bruised or broken vegetable and contaminate the others. Vegetables intended for storing

should not be washed. Nearly all except squash, pumpkin, and sweet potatoes keep best at a temperature just above freezing.

Storage places for vegetables may be provided easily in most homes, if a section of the house cellar or a small piece of ground can be used for this purpose. Cellars in which there are furnaces are usually so warm and dry that the space used for vegetables should be partitioned off with wood and heavy paper, brick or concrete. It is necessary to ventilate the vegetable cellar by having a small opening near the floor, and another near the ceiling. Vegetables may be stored out of doors in piles on the ground, or in pits, if they are protected from freezing, by earth, boards, and straw or dry leaves. The ground must be well drained, and the pit ventilated by an opening at the top.

### POTATOES

Potatoes for storing should be planted to mature in the fall and should be ripe before they are harvested. As those from blighted vines do not keep well, they should be kept separate and used first. Potatoes keep best if dried for a few hours on the ground, and then in open crates for a few days. They should not be washed before storing. It is necessary to examine the potatoes occasionally and remove any that show signs of decay. Sprouts which grow on the potatoes should be rubbed off as soon as they appear.

### CABBAGES

Cabbages which have just matured at the time of storing may be kept for late use, and those which are immature or over-ripe should be used first. The roots must be left on and the cabbages stored upside down. They must not be frozen, but require a cool moist storage place. On account of their odor, it is often desirable to store cabbages out of doors.

### ONIONS

Onions for storing should be pulled and allowed to lie on the ground for several days, and then kept in open crates for one or two weeks to continue drying. Thick necked varieties do not keep as well as others. When well dried the tops should be removed, but not cut too close to the onion. Store the onions in a cool dry place, discarding the soft ones. A cool attic where there is no danger of freezing is a good storage place for onions.

## ROOT VEGETABLES

Tender roots such as beets and carrots should be stored before frost, but parsnips are improved by freezing. About  $1\frac{1}{2}$  to 2 inches of the stem should be left on root vegetables. They require a cool moist storage place to keep them from shriveling. When stored in the cellar it is advisable to pack them in damp sand, and to sprinkle them occasionally. Special directions are given for storing sweet potatoes.

### CELERY

Celery should be harvested before freezing weather. It may be packed out of doors in pits or trenches with the roots imbedded in sand, or in a cool vegetable cellar. Celery requires moisture and a low temperature, but must not be frozen.

### PUMPKINS AND SQUASHES

Pumpkins and squashes may be kept a long time under proper conditions. They should be cut with a short stem when mature, and then left on the ground a few days to harden. They must be gathered before severe frost. Pumpkins and squashes should be handled carefully, as they are likely to decay when bruised or scratched. They should be stored on shelves in a warm, dry, well-ventilated place.

### SWEET POTATOES

Sweet potatoes should be dug before hard frost. They should be placed in a warm ventilated room, with the temperature above  $80^{\circ}$  F. for 10 days. Then they should be stored in racks or baskets in a dry warm place.



# INDEX

---

PAGE	PAGE		
Abbreviations, Table of -----	8	Bean Soup. Cream of -----	57
Angel Cake -----	77	Bean Soup, Dried -----	57
Apple Compote -----	9	Beans with Bacon -----	29
Apple Dumplings -----	83	Beans, Boston Baked -----	29
Apple Fritters -----	66	Beans, Green -----	29
Apple Meringue -----	91	Beans, Lima -----	29
Apple Pie -----	89	Beans or Peas, Canned -----	109
Apple Sauce -----	9	Beans, Salted String -----	111
Apple Sauce Cake -----	79	Beef Cakes, Broiled -----	39
Apple Sauce, Green -----	9	Beef Chart -----	38
Apple Tapioca -----	91	Beef, Creamed Dried -----	43
Apples, Baked -----	9	Beef Croquettes -----	44
Apples, Scalloped -----	91	Beef, Cuts of -----	38
Apples, Steamed -----	10	Beef Loaf -----	42
Apples, Stewed Dried -----	9	Beef, Notes on -----	38
Apricot Jelly -----	96	Beef, Roast -----	40
Apricot and Rice Pudding -----	90	Beef Stew -----	41
Apricots, Stewed -----	11	Beef or Veal Rolls -----	40
Asparagus -----	25	Beet Relish -----	23
Bacon -----	48	Beets, Buttered -----	23
Bacon and Liver -----	48	Beets or Carrots, Canned -----	109
Baked Apples -----	9	Beets, Pickled -----	23
Baked Beans -----	29	Beverages -----	11
Baked Brown Bread -----	69	Biscuit, Baking Powder -----	68
Baked Corn -----	27	Biscuit, Cheese -----	69
Baked Custard -----	93	Biscuit, Drop -----	68
Baked Eggs -----	37	Biscuit, Graham -----	69
Baked Fish -----	50	Boiled Cabbage -----	24
Baked Hash -----	43	Boiled Coffee -----	11
Baked Indian Pudding -----	89	Boiled Frosting -----	79
Baked Lentils -----	29	Boiled Macaroni or Spaghetti -----	17
Baked Potatoes -----	20	Boiled Potatoes -----	18
Baked Potatoes, Stuffed -----	21	Boiled Rice -----	14
Baked Rhubarb -----	10	Boiled Spaghetti -----	17
Baked Spaghetti -----	17	Bouillon -----	56
Baked Sweet Potatoes -----	21	Bread, Baked Brown -----	69
Baked Squash -----	22	Bread, Barley -----	71
Baking Powder -----	64	Bread, Barley and Corn -----	76
Baking Powder Biscuit -----	68	Bread Crumbs -----	74
Banana Fritters -----	66	Bread, Freshened -----	73
Banana Salad -----	61	Bread, Graham -----	71
Barley Bread -----	71	Bread, Notes on -----	70
Barley and Corn Bread -----	70	Bread, Nut -----	70
Bean Croquettes -----	30	Bread, Potato -----	72
Bean or Lentil Loaf -----	30	Bread Pudding -----	89

PAGE	PAGE		
Bread, Raised Corn -----	72	Canned Beets or Carrots -----	109
Bread, Rice -----	72	Canned Corn -----	108
Bread, Rolled Oats -----	73	Canned Fruit Juice -----	107
Bread, Spoon -----	68	Canned Hard Fruits -----	107
Bread, Steamed Brown -----	69	Canned Pineapple -----	107
Bread Sticks -----	73	Canned Rhubarb -----	107
Bread Sticks, Corn -----	68	Canned Soft Fruits -----	106
Bread, Southern Corn -----	68	Canned Sour Berry Fruits -----	107
Bread, Wheat -----	71	Canned Strained Tomatoes -----	108
Broiled Beef Cakes -----	39	Canned Tomatoes -----	108
Broiled Steak -----	39	Canned Vegetable Greens -----	108
Buckwheat Cakes -----	65	Canning, Directions for the One Period Cold Pack Process -----	104
Buckwheat Cakes, Quick -----	64	Canning, Methods of -----	104
Butter, Drawn -----	51	Caramel Syrup -----	16
Butter, Lemon -----	39	Caramels, Chocolate -----	101
Buttered Beets -----	23	Caramels, Vanilla -----	101
Buttered Peas -----	28	Carbohydrates, Notes on -----	3
Cabbage, Boiled -----	24	Carrots -----	23
Cabbage, Fermented Salt -----	110	Carrots, Canned Beets or -----	109
Cabbage, Scalloped -----	24	Carrots and Peas -----	23
Cabbage, Storing of -----	116	Cauliflower -----	24
Cabbage, Stuffed -----	24	Celery, Creamed -----	25
Cake, Angel -----	77	Celery, Storing of -----	117
Cake, Apple Sauce -----	79	Célery Soup, Cream of -----	57
Cake, Chocolate -----	79	Cereal with Fruit -----	16
Cake, Cream -----	79	Cereals, Notes on -----	13
Cake, Gold -----	78	Cereals, Time Table for Cooking -----	13
Cake, Hot Water Sponge -----	76	Charlotte, Fruit -----	97
Cake, Notes on Making -----	75	Charlotte, Orange -----	97
Cake, Nut -----	78	Charlotte Russe -----	96
Cake, Plain -----	77	Chart of Beef -----	38
Cake, Sour Cream -----	78	Chart of Mutton -----	46
Cake, Spice -----	78	Chart of Pork -----	47
Cake, Sponge No. I -----	76	Chart of Veal -----	45
Cake, Sponge No. II -----	76	Cheese Biscuit -----	69
Cake, Uses of Stale -----	75	Cheese, Cottage -----	32
Cake, White -----	78	Cheese Fondue -----	33
Cakes, Broiled Beef -----	39	Cheese, Hominy and -----	16
Cakes, Buckwheat -----	65	Cheese Loaf -----	33
Cakes, Cornmeal Drop -----	83	Cheese, Macaroni and -----	17
Cakes, Cornmeal Griddle -----	65	Cheese, Rice and -----	14
Cakes, Drop -----	83	Cheese Sauce -----	34
Cakes, Griddle -----	64	Cheese, Scalloped -----	33
Cakes, Hominy -----	16	Cheese, Sweet Milk -----	32
Cakes, Potato -----	18	Cheese Wafers -----	34
Cakes, Quick Buckwheat -----	64	Chicken Croquettes -----	49
Cakes, Rice -----	15	Chicken, Fried -----	50
Candied Sweet Potatoes -----	22	Chicken Patties -----	50
Candy, Notes on Making -----	99	Chicken Roast -----	49
Canned Beans or Peas -----	109		

PAGE	PAGE
Chicken, Stewed ----- 49	Corn Oysters ----- 28
Chicken, To Dress and Clean ----- 48	Corn, Salted ----- 111
Chili Con Carne ----- 42	Corn, Scalloped ----- 27
Chili Sauce ----- 115	Corn Soup, Cream of ----- 56
Chocolate Bread Pudding ----- 90	Corn, Stewed ----- 27
Chocolate Cake ----- 79	Corn, Stewed Dried ----- 27
Chocolate Caramels ----- 101	Cornstarch Custard ----- 95
Chocolate Cream Filling ----- 80	Cornstarch Fruit Mold ----- 94
Chocolate Creams ----- 100	Cornstarch Meringue ----- 94
Chocolate Frosting No. I ----- 80	Cornstarch Mold ----- 94
Chocolate Frosting No. II ----- 80	Cornstarch Mold, Chocolate ----- 94
Chocolate Fudge ----- 101	Cottage Cheese ----- 32
Chocolate, Hot ----- 11	Cottage Pudding ----- 85
Chocolate, Iced ----- 12	Cranberry Jelly ----- 10
Chocolate Junket ----- 32	Cranberry Sauce ----- 10
Chops, Pan Broiled ----- 39	Cream Cake ----- 79
Chowder, Corn ----- 28	Cream of Celery Soup ----- 57
Chowder, Fish ----- 51	Cream of Corn Soup ----- 56
Chowder, Potato ----- 20	Cream of Pea Soup ----- 57
Classification of Vegetables ----- 18	Cream of Potato Soup ----- 57
Cobbler, Fruit ----- 86	Cream of Tomato Soup ----- 56
Cocoa ----- 11	Cream Filling ----- 80
Coffee, Boiled ----- 11	Cream Filling, Chocolate ----- 80
Coffee, Filtered ----- 12	Cream Puffs ----- 81
Codfish Balls ----- 53	Cream Toast ----- 74
Codfish, Creamed ----- 53	Creamed Celery ----- 25
Cole Slaw ----- 60	Creamed Codfish ----- 53
Conserve, Grape ----- 114	Creamed Eggs ----- 37
Conserve, Rhubarb ----- 114	Creamed Dried Beef ----- 43
Cooked Salad Dressing No. I ----- 58	Creamed Fish ----- 51
Cooked Salad Dressing No. II ----- 58	Creamed Oysters ----- 54
Cookies, Molasses ----- 82	Creamed Peas ----- 28
Cookies, Sugar ----- 83	Creamed Potatoes ----- 19
Cooking, Methods of ----- 7	Creamed Potatoes (Quick Method) ----- 19
Cooking, Reasons for ----- 7	Creamed Potatoes (Onion Flavor) ----- 19
Corn, Baked ----- 27	Creamed Turnips ----- 22
Corn Bread ----- 67	Creamed Salsify ----- 23
Corn Bread, Barley and ----- 70	Creamy Omelet ----- 36
Corn Bread, Raised ----- 72	Croquettes, Bean or Lentil ----- 30
Corn Bread, Southern ----- 68	Croquettes, Beef ----- 44
Corn Bread Sticks ----- 68	Croquettes, Chicken ----- 49
Corn, Canned ----- 108	Croquettes, Meat and Mush ----- 44
Corn Chowder ----- 28	Croquettes, Potato ----- 19
Corned Beef Stew ----- 41	Croquettes, Rice ----- 15
Cornmeal Drop Cakes ----- 83	Croquettes, Salmon ----- 52
Cornmeal Gingerbread ----- 82	Croquettes, Veal ----- 45
Cornmeal Griddle Cakes ----- 65	Croutons ----- 56
Cornmeal Waffles ----- 65	Crumbs, To Prepare ----- 74
Cornmeal Mush ----- 13	Cucumber Pickles ----- 115
Cornmeal Wafers ----- 73	Cucumbers or Dill Pickles, Salted ----- 111

PAGE	PAGE		
Custard, Cornstarch -----	95	Eggs, Scrambled -----	35
Custard, Baked -----	93	Eggs, Soft Cooked -----	35
Custard Pie -----	88	Eggs, Stuffed -----	37
Custard, Soft -----	93	Eggs, Points on Using -----	35
Cutlets, Veal -----	45	Fat, To Clarify -----	44
Cuts of Beef -----	38	Fat, To Try Out -----	44
Cuts of Mutton -----	46	Fats, Notes on -----	3
Cuts of Pork -----	47	Fat-proof Coating -----	44
Cuts of Veal -----	45	Fermented Salt Cabbage (Sauer- kraut) -----	110
Dates, Stuffed -----	100	Fig Tapioca -----	92
Dill Pickles, Salted Cucumbers -----	111	Filling, Cream -----	80
Directions for Drying Fruits and Vegetables -----	102	Filling, Chocolate Cream -----	80
Directions for Preserving Vegeta- bles with Salt -----	109	Filling for Sandwiches -----	62
Dish Towels, Care of -----	8	Filtered Coffee -----	12
Dish Washing, Rules for -----	8	Fish, Baked -----	50
Doughnuts -----	81	Fish, Chowder -----	51
Drawn Butter Sauce -----	51	Fish, Creamed -----	51
Dressed Lettuce -----	59	Fish, Fried -----	51
Dressing -----	51	Fish, Hash -----	52
Dressing, Cooked Salad, No. I -----	58	Fish, Scalloped -----	52
Dressing, Cooked Salad, No. II -----	58	Fish, Selection of -----	50
Dressing, French -----	59	Floating Island -----	94
Dressing, Mayonnaise -----	59	Flour Mixtures -----	62
Dressing, Quick Mayonnaise -----	59	Foamy Omelet -----	36
Dried Apples, Stewed -----	9	Fondant -----	100
Dried Bean Soup -----	57	Food, Definition and Classification -----	3
Dried Beef, Creamed -----	43	Food, Preservation of -----	102
Dried Corn, Stewed -----	27	Food, Uses of -----	3
Dried Pea Soup -----	57	Freezing, Directions for -----	97
Drying Fruits and Vegetables -----	102	French Dressing -----	59
Drop Biscuit -----	68	French Fried Potatoes -----	21
Drop Cakes -----	83	French Toast -----	74
Drop Cakes, Cornmeal -----	83	Freshened Bread -----	73
Dumplings -----	41	Fried Chicken -----	50
Dumplings, Apple -----	83	Fried Egg-plant -----	25
Dumplings, Peach -----	84	Fried Fish -----	51
Dutch Apple Cake -----	84	Fried Mush, Sautéed or -----	16
Eclairs -----	81	Fried Oysters -----	54
Egg-plant, Fried -----	25	Fritter Batter -----	66
Egg-plant, Stuffed -----	25	Fritters, Apple -----	66
Eggs, Baked -----	37	Fritters, Banana -----	66
Eggs, Creamed -----	37	Frosting, Boiled -----	79
Eggs, Hard Cooked -----	35	Frosting, Chocolate, No. I -----	80
Egg in a Nest -----	37	Frosting, Chocolate, No. II -----	80
Eggs, Notes on -----	34	Frosting Made with Yolks -----	80
Eggs, Poached -----	35	Frosting, Quick -----	86
Eggs Poached in Milk -----	36	Frozen Desserts -----	97
Eggs Preserved in Water Glass -----	34	Fruit Butter -----	113
		Fruit, Canned Hard -----	107

PAGE	PAGE		
Fruit, Cereal with -----	16	Hominy -----	16
Fruit Charlotte -----	97	Hominy Cakes -----	16
Fruit Cobbler -----	86	Hominy and Cheese -----	16
Fruit Gelatin -----	96	Hot Chocolate -----	11
Fruit Juice, Canned -----	107	Hot Water Sponge Cake -----	76
Fruit Mold, Cornstarch -----	94	Ice Cream, Chocolate -----	98
Fruit Mousse -----	99	Ice Cream, Fruit -----	98
Fruit Pudding, Steamed -----	86	Ice Cream, Junket -----	98
Fruit Salad -----	61	Ice Cream, Vanilla -----	98
Fruit Sauce -----	85	Ice, Lemon -----	97
Fruit Tapioca -----	92	Iced Chocolate -----	12
Fruits, Canned Hard -----	107	Iced Tea -----	12
Fruits, Canned Soft -----	106	Jelly, Apricot -----	96
Fruits, Canned Sour Berry -----	107	Jelly, Cranberry -----	10
Fruits, Preserved -----	113	Jelly, Directions for Making -----	112
Fudge, Chocolate -----	101	Jelly, Lemon -----	95
Gelatin, Fruit -----	96	Jelly, Notes on Making -----	112
Gelatin, Notes on -----	95	Jelly, Prune -----	96
General Directions for Canning by the One Period Cold Pack Process	104	Jelly Roll -----	77
General Directions for Preserving Vegetables with Salt -----	109	Junket -----	32
Gingerbread -----	81	Junket, Chocolate -----	32
Gingerbread, Cornmeal -----	82	Junket Ice Cream -----	98
Gingersnaps -----	82	Lamb, Roast -----	46
Glazed Sweet Potatoes -----	22	Lamb, Stewed with Rice -----	47
Gold Cake -----	78	Leavening Agents -----	63
Graham Biscuit -----	69	Lemonade -----	12
Graham Bread -----	71	Lemon Butter -----	39
Graham Muffins -----	67	Lemon Ice -----	97
Graham Mush -----	14	Lemon Jelly -----	95
Granulated Wheat -----	13	Lemon Pie -----	88
Grape Conserve -----	114	Lemon Sauce -----	84
Grapefruit Marmalade -----	114	Lemon Sherbet -----	98
Gravy -----	40	Lentils, Baked -----	29
Green Apple Sauce -----	9	Lentil Croquettes, Bean or -----	30
Green Beans -----	29	Lentil Loaf, Bean or -----	30
Green Pepper Omelet -----	37	Lettuce, Dressed -----	59
Green Tomatoes, Salted -----	111	Lima Beans -----	29
Greens -----	26	Liver and Bacon -----	48
Greens, Canned Vegetable -----	108	Loaf, Bean or Lentil -----	30
Greens, Salted Vegetable -----	111	Loaf, Beef -----	42
Griddle Cakes -----	64	Loaf, Cheese -----	33
Griddle Cakes, Bread -----	64	Loaf, Nut -----	30
Griddle Cakes, Cornmeal -----	65	Loaf, Salmon -----	52
Hard Cooked Eggs -----	35	Loaf, Veal -----	45
Hard Fruits, Canned -----	107	Lyonnaise Potatoes -----	20
Hard Sauce -----	84	Macaroni, Spaghetti or Boiled -----	17
Hash, Baked -----	43	Macaroni and Cheese -----	17
Hash, Fish -----	52	Marmalade, Grapefruit -----	114
		Marmalade, Orange -----	114
		Mashed Potatoes -----	19

PAGE	PAGE		
Mashed Turnips -----	22	Notes on Preservation of Food -----	102
Mayonnaise -----	59	Noodles -----	55
Mayonnaise, Quick -----	59	Nut Bread -----	70
Meals, Suggestions for Planning -----	4	Nut Brittle -----	101
Measures and Weights, Table of -----	8	Nut Cake -----	78
Meat -----	38	Nut Loaf -----	30
Meat, Care of -----	38	Nuts, Salted -----	101
Meat, Minced on Toast -----	43	Oats, Rolled -----	13
Meat and Mush Croquettes -----	44	Omelet, Creamy -----	36
Meat Pie -----	42	Omelet, Fancy -----	36
Meat, Scalloped -----	43	Omelet, Foamy -----	36
Meat Souffle -----	43	Omelet, Green Pepper -----	37
Meat, Minced on Toast -----	43	Omelet, Spanish -----	36
Meringue -----	88	Onions -----	24
Meringue, Apple -----	91	Onions, Storing of -----	116
Meringue, Cornstarch -----	94	Onions, Stuffed -----	24
Methods of Canning -----	104	Orange Charlotte -----	97
Methods of Cooking -----	7	Orange Marmalade -----	114
Milk, Care of -----	31	Orange Sauce -----	85
Milk, Notes on -----	31	Orange Shortcake -----	86
Milk Sherbet -----	98	Oven Tests -----	62
Milk Toast -----	74	Oyster Patties -----	54
Minced Meat on Toast -----	43	Oyster Soup -----	53
Mineral Matter, Notes on -----	4	Oysters, To Clean -----	53
Mint Sauce -----	46	Oysters, Creamed -----	54
Mint Wafers -----	100	Oysters, Fried -----	54
Molasses Cookies -----	82	Oysters, Panned -----	53
Molasses Taffy -----	100	Oysters, Scalloped -----	53
Mold, Cornstarch -----	94	Pan-broiled Chops -----	39
Mold, Cornstarch Fruit -----	94	Pan-broiled Steak -----	39
Mold, Chocolate Cornstarch -----	94	Panned Potatoes (Quick Method) -----	20
Mousse, Fruit -----	99	Parsnips -----	22
Muffins -----	67	Patties, Chicken or Veal -----	50
Muffins, Corn Meal -----	67	Patties, Oyster -----	54
Muffins, Graham -----	67	Patties, Pea -----	28
Muffins, Rice -----	67	Patty Shells -----	89
Muffins, Rolled Oats -----	67	Peach Dumplings -----	84
Muffins, Rye -----	67	Pea Patties -----	28
Mush, Cornmeal -----	13	Pea Soup, Dried -----	57
Mush, Graham -----	14	Peas, Buttered -----	28
Mush, Sauted or Fried -----	16	Peas, Canned Beans and -----	109
Mutton Chart -----	46	Peas, Carrots and -----	23
Mutton, Cuts of -----	46	Peas, Creamed -----	28
Mutton, Notes on -----	46	Peas, Salted -----	111
Mutton, Stewed with Rice -----	47	Peppers, Stuffed -----	26
Mutton, Roast -----	46	Pickled Beets -----	23
Notes on Making Bread -----	70	Pickles, Cucumber -----	115
Notes on Making Cake -----	75	Pie, Apple -----	89
Notes on Making Candy -----	99	Pie Crust -----	87
Notes on Making Jelly -----	112	Pie, Custard -----	88

PAGE	PAGE		
Pie, Lemon -----	88	Pudding, Bread -----	89
Pie, Meat -----	42	Pudding, Chocolate Bread -----	90
Pie, Pumpkin -----	88	Pudding, Cottage -----	93
Pie, Rhubarb -----	89	Pudding, Creamy Rice -----	90
Pineapple, Canned -----	107	Pudding, Prune -----	93
Plain Cake -----	77	Pudding, Rhubarb -----	91
Planning of Meals -----	4	Pudding, Rice -----	90
Poached Eggs -----	35	Pudding, Rice and Apricot -----	90
Poached in Milk, Eggs -----	36	Pudding, Snow -----	96
Popovers -----	66	Pudding, Steamed Fruit -----	86
Pork, Notes on -----	47	Pudding, Suet -----	87
Pork Chart -----	47	Pudding, Tapioca Cream -----	92
Pork, Cuts of -----	47	Pumpkin Pie -----	88
Pork Roast -----	47	Pumpkins and Squashes, storing of -----	117
Potato Bread -----	72	Quick Buckwheat Cakes -----	64
Potato Cakes -----	19	Quick Frosting -----	80
Potato Chips -----	21	Quick Mayonnaise -----	59
Potato Chowder -----	20	Raised Corn Bread -----	72
Potato Croquettes -----	19	Raisin Sauce -----	85
Potato Salad -----	60	Reasons for Cooking -----	7
Potato Soup, Cream of -----	57	Refrigerator -----	9
Potatoes, Baked -----	20	Relish, Beet -----	23
Potatoes, Boiled -----	18	Rhubarb, Baked -----	10
Potatoes, Creamed -----	19	Rhubarb, Canned -----	107
Potatoes, Creamed (Quick Method) -----	19	Rhubarb Conserve -----	114
Potatoes, Creamed (Onion Flavor) -----	19	Rhubarb Pie -----	89
Potatoes, French Fried -----	21	Rhubarb Pudding -----	91
Potatoes, Glazed Sweet -----	22	Rhubarb Sauce -----	10
Potatoes, Lyonnaise -----	20	Ricé and Apricot Pudding -----	90
Potatoes, Mashed -----	19	Rice, Boiled -----	14
Potatoes, Panned (Quick Method) -----	20	Rice Bread -----	72
Potatoes Roasted with Meat -----	21	Rice Cakes -----	15
Potatoes, Sautéed -----	19	Rice and Cheese -----	14
Potatoes, Scalloped -----	21	Rice Croquettes -----	15
Potatoes, Storing of -----	116	Rice Muffins -----	67
Potatoes, Storing of Sweet -----	117	Rice with Lamb and Mutton -----	47
Potatoes, Stuffed Baked -----	21	Rice Pudding -----	90
Potatoes, Sweet, Baked -----	21	Rice Pudding, Creamy -----	90
Potatoes, Sweet, Sautéed -----	21	Rice, Spanish -----	15
Pot Roast -----	41	Rice, Steamed -----	14
Preservation of Foods -----	102	Rice, Timbales -----	15
Preserved Fruits -----	113	Rice Waffles -----	65
Preserving with Salt -----	109	Roast Beef -----	40
Protein -----	3	Roast Chicken -----	49
Prune Jelly -----	96	Roast Lamb or Mutton -----	46
Prune Pudding -----	93	Roast Pork -----	47
Prune Whip -----	93	Rolled Oats -----	13
Prunes, Stewed -----	11	Rolled Oats Bread -----	73
Pudding, Apple Tapioca -----	91	Rolled Oats Muffins -----	67
Pudding, Baked Indian -----	89	Rolls -----	73

PAGE	PAGE
Root Vegetables, Storing of -----	117
Rye Muffins -----	67
Salad, Banana -----	61
Salad, Cabbage (See Cole Slaw) -----	60
Salad, Dressed Lettuce -----	59
Salad Dressing, Cooked, No. I -----	58
Salad Dressing, Cooked, No. II -----	58
Salad Dressing, French -----	59
Salad Dressing, Mayonnaise -----	59
Salad Dressing, Whipped Cream -----	59
Salad, Fruit -----	61
Salad, Notes on -----	58
Salad, Potato -----	60
Salad, Tomato -----	60
Salad, Tomato Jelly -----	60
Salad, Vegetable Jelly -----	61
Salmon Croquettes -----	52
Salmon Loaf -----	52
Salmon Sauce -----	52
Salmon, Scalloped (See Fish) -----	52
Salsify, Cakes -----	23
Salsify Creamed -----	23
Salt Cabbage, Fermented (Sauerkraut) -----	110
Salt, Preserving with -----	109
Salted Corn -----	111
Salted Cucumbers or Dill Pickles -----	111
Salted Green Tomatoes -----	111
Salted Nuts -----	101
Salted Peas -----	111
Salted String Beans -----	111
Salted Vegetable Greens -----	111
Sandwich Fillings -----	62
Sandwiches -----	61
Sauce, Apple -----	9
Sauce, Cheese -----	34
Sauce, Chili -----	115
Sauce, Cranberry -----	10
Sauce, Drawn Butter -----	51
Sauce, Fruit -----	85
Sauce, Green Apple -----	9
Sauce, Hard -----	84
Sauce, Lemon -----	84
Sauce, Lemon Butter -----	39
Sauce, Mint -----	46
Sauce, Orange -----	85
Sauce, Raisin -----	85
Sauce, Rhubarb -----	10
Sauce, Salmon -----	52
Sauce, Tomato -----	17
Sauce, Vanilla -----	85
Sauce, Vinegar -----	84
Sauce, White -----	31
Sauerkraut, Fermented Salt Cabbage -----	110
Sautéed or Fried Mush -----	16
Sautéed Potatoes -----	20
Sautéed Sweet Potatoes -----	21
Sautéed Tomatoes -----	26
Scalloped Apples -----	91
Scalloped Cabbage -----	24
Scalloped Cheese -----	33
Scalloped Corn -----	27
Scalloped Fish -----	52
Scalloped Meat -----	43
Scalloped Oysters -----	53
Scalloped Potatoes -----	21
Scalloped Salmon (See Fish) -----	52
Scalloped Tomatoes -----	26
Scrambled Eggs -----	35
Scrapple -----	48
Selection of Fish -----	50
Serving, Suggestions for -----	6
Setting the Table -----	5
Sherbet, Lemon -----	98
Sherbet, Milk -----	98
Shortcake, Orange -----	86
Shortcake, Strawberry -----	86
Sink, Care of -----	8
Slaw, Cole -----	60
Smothered Steak -----	39
Snow Pudding -----	96
Soft Cooked Eggs -----	35
Soft Custard -----	93
Soft Fruits, Canned -----	106
Soufflé, Meat -----	43
Soup, Cream of Bean -----	57
Soup, Cream of Celery -----	57
Soup, Cream of Corn -----	56
Soup, Cream of Pea -----	57
Soup, Cream of Tomato -----	56
Soup, Dried Bean -----	57
Soup, Dried Pea -----	57
Soup, Notes on -----	54
Soup, Oyster -----	53
Soup Stock -----	55
Soup, Tomato -----	56
Soup, Vegetable -----	55

PAGE	PAGE
Sour Berry Fruits, Canned -----	107
Sour Cream Cake -----	78
Southern Corn Bread -----	68
Spaghetti, Baked -----	17
Spaghetti, Boiled Macaroni or -----	17
Spanish Omelet -----	36
Spanish Rice -----	15
Spanish Toast -----	74
Spinach -----	27
Spice Cake -----	78
Sponge Cake, Hot Water -----	76
Sponge Cake, No. I -----	76
Sponge Cake, No. II -----	76
Spoon Bread -----	68
Squash, Baked -----	22
Squash, Steamed Winter -----	22
Squashes, Pumpkins and -----	117
Stale Cake, Uses of -----	75
Steak, Broiled -----	39
Steak, Pan-broiled -----	39
Steak, Smothered -----	39
Steamed Brown Bread -----	69
Steamed Fruit Pudding -----	86
Steamed Rice -----	14
Steamed Winter Squash -----	22
Stew, Corned Beef -----	41
Stewed Apricots -----	11
Stewed Corn -----	27
Stewed Chicken -----	49
Stewed Dried Apples -----	9
Stewed Dried Corn -----	27
Stewed Lamb or Mutton with Rice -----	47
Stewed Prunes -----	11
Stewed Tomatoes -----	25
Storing of Vegetables for Winter Use -----	115
Strained Tomatoes, Canned -----	108
Strawberry Shortcake -----	86
String Beans, Salted -----	111
Stuffed Baked Potatoes -----	21
Stuffed Cabbage -----	24
Stuffed Dates -----	100
Stuffed Egg-plant -----	25
Stuffed Eggs -----	37
Stuffed Onions -----	24
Stuffed Peppers -----	26
Stuffed Tomatoes -----	26
Styles of Service -----	6
Succotash -----	28
Sugar Cookies -----	83
Sugar Syrup -----	16
Suggestions for Serving -----	6
Sweet Milk Cheese -----	32
Sweet Potatoes, Storing of -----	117
Sweet Potatoes, Baked -----	21
Sweet Potatoes, Glazed or Candied -----	22
Sweet Potatoes, Sautéed -----	21
Syrup, Caramel -----	16
Syrup, Sugar -----	16
Syrup, Tests for -----	99
Table, Setting the -----	5
Taffy, Molasses -----	100
Tapioca, Apple -----	91
Tapioca Cream -----	92
Tapioca, Fig -----	92
Tapioca, Fruit -----	92
Tea -----	12
Tea Bars -----	79
Tea, Iced -----	12
Tests for Syrup -----	99
Timbale Cases -----	66
Timbales, Rice -----	15
Time Table for Boiling Vegetables -----	18
Time Table for Cooking Cereals -----	13
Toast -----	74
Toast, Cream -----	74
Toast, French -----	74
Toast, Milk -----	74
Toast, Spanish -----	74
To Clarify Fat -----	44
To Try Out Fat -----	44
Tomato Jelly Salad -----	60
Tomato Salad -----	60
Tomato Sauce -----	17
Tomato Soup -----	56
Tomato Soup, Cream of -----	56
Tomatoes, Canned -----	108
Tomatoes, Canned Strained -----	108
Tomatoes, Salted Green -----	111
Tomatoes, Sautéed -----	26
Tomatoes, Scalloped -----	26
Tomatoes, Stewed -----	25
Tomatoes, Strained -----	108
Tomatoes, Stuffed -----	26
Turnips, Mashed -----	22
Vanilla Sauce -----	85
Veal Chart -----	45
Veal Croquettes -----	45

PAGE	PAGE
Veal Cutlets ----- 45	Wafers, Chese ----- 34
Veal, Cuts of ----- 45	Wafers, Cornmeal ----- 73
Veal Loaf ----- 45	Waffles ----- 65
Veal, Notes on ----- 45	Waffles, Cornmeal ----- 65
Veal Patties ----- 50	Waffles, Rice ----- 65
Veal Rolls ----- 40	Washing Dishes, Rules for ----- 8
Vegetable Greens, Canned ----- 108	Water ----- 4
Vegetable Greens, Salted ----- 111	Weights and Measures ----- 8
Vegetable Jelly Salad ----- 61	Welsh Rarebit ----- 33
Vegetable Soup ----- 55	Wheat Bread ----- 71
Vegetables, Classification of ----- 18	Wheat, Granulated ----- 13
Vegetables, Preserved with Salt ----- 109	Whip, Prune ----- 93
Vegetables, Root ----- 117	Whipped Cream Salad Dressing ----- 59
Vegetables, Storing of, For Winter Use ----- 115	White Cake ----- 78
Vegetables, Time Table for Boiling ----- 18	White Sauce ----- 31
Vinegar Sauce ----- 84	Yeast Bread, Notes on Making ----- 70
Vitamines ----- 4	Yeast, Notes on ----- 63



LIBRARY OF CONGRESS



0 014 489 905 2

